

## NSLP Fact Sheets

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**Name:** ALMONDS, WHOLE ROASTED, NATURAL

**Category:** Meats and meat alternates.

**Date:** 03/15/01

**Description:**

Dry-roasted almonds are slightly harder in texture than natural almonds because the dry-roasting process removes some of the moisture. The only nutritional difference between the two types of almonds would be if salt is added during the roasting process. Natural almonds are better for baking and cooking. Toasted almonds make good snacks.

**Pack Size:**

25 pound cartons.

**Yield:**

One pound of whole almonds measures 3 cups.

**Uses:**

Dry-roasted almonds have a shorter shelf life than natural almonds. They can be substituted for any other nuts in a recipe. Almonds are a tasty and nutritious addition to rice dishes, vegetable dishes, casseroles, stuffings, salads, baked goods, and desserts; they are a wonderful addition to granola; when chopped, they also make an excellent substitute for bread crumbs as a topping for casseroles or as a breading for fish or poultry. TO TOAST: Spread almonds in a single layer on a baking pan and bake at 300-350°F for 8-10 minutes, stirring occasionally until almonds darken slightly (they will continue to brown slightly when removed from the oven).

**Storage:**

NATURAL almonds may be stored for up to two years - shelf life increases under refrigeration (32-41°F). ROASTED almonds keep for one year - shelf life increases under refrigeration (32-41°F).

**Best if Used By**

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**Preparation:**

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**Cooking:**

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**Name:**    **ALMONDS, WHOLE ROASTED, NATURAL**

Almonds may meet no more than 50% of the meat/meat alternate requirement in USDA's Child Nutrition Programs and must be combined in the meal with at least 50% of other meat/meat alternates. A 1/4-cup serving of almonds provides:

Nutrition Facts	
Calories	170
Protein	7 g
Carbohydrate	5 g
Fat	15.0 g
Saturated Fat	1.0 g
Cholesterol	0 mg
Iron	1.0 mg
Calcium	80 mg
Sodium	0 mg
Dietary Fiber	4 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** APPLE SLICES, CANNED & FROZEN

**Category:** Fruits and vegetables.

**Date:** 01/23/01

**Description:**

Apple slices, individually quick frozen (IQF) or canned, packed in water.

**Pack Size:**

6/#10 cans per case or 30-pound frozen containers with a polyliner.

**Yield:**

One #10 can (100 ounces) with liquid yields 50.4 1/4-cup servings of sliced apples. One #10 can drained (89 ounces) yields 11-7/8 cups of sliced apples. One pound of frozen apple slices yields 8.8 1/4-cup servings of heated fruit.

**Uses:**

Sliced apples can be used in salads, mixed fruit compotes, apple crisp, cobblers, pies or other apple desserts.

**Storage:**

Store canned apple slices off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten shelf life and speed deterioration.

Store unopened frozen apple slices at 0°F or below, off the floor and away from walls to allow circulation of cold air. Stack containers tightly together to prevent temperature fluctuation. Use frozen apple slices within 18 months of the pack date. Store opened canned apple slices or thawed apple slices covered, in a nonmetallic container under refrigeration and use within 2 to 3 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures for canned apple slices:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Serve sliced apples as a fruit or a dessert. Use when preparing mixed fruit salads or preparing apple pies and turnovers. Drain well to use in apple nut breads and

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**Name:**   **APPLE SLICES, CANNED & FROZEN**

apple cake.

**Cooking:**

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A 1/4-cup serving of sliced apples, cooked, provides:

Nutrition Facts	
Calories	25
Protein	0 g
Carbohydrate	5 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.1 mg
Calcium	0 mg
Sodium	6 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** APPLES, FRESH

**Category:** Fruits and vegetables.

**Date:** 03/26/01

**Description:**

U.S. Fancy Grade fresh apples of the following varieties may be available:

(1) EATING APPLES:

Braeburn, Cortland, Delicious, Red Delicious, Empire, Fuji, Gala, Jonagold, McIntosh, Winesap

(2) COOKING APPLES:

Rome Beauty

(3) DUAL PURPOSE (Eating and Cooking):

Golden Delicious, Granny Smith, Ida Red, Jonathan, Newton Pippin, Stayman, York Imperial

**Pack Size:**

37-40 pound carton, cell or tray pack.

**Yield:**

Depending on the size of the apples purchased, a 40-pound case may contain between 96 and 150 apples. The fewer apples per case, the larger the individual apple. Each case shows the apple size by count. The apples are approximately 3-1/8" in diameter for a count of 100; 2-7/8" for a count of 125; and 2-5/8" for a count of 150.

One pound of fresh apples yields 11.4 1/4-cup servings of raw pared fruit.

One 2-1/2" apple equals 1/2 cup fruit.

**Uses:**

Serve apples fresh, whole or sliced - may also be served with cheese, peanut butter or yogurt dip. Use in salads or baked items.

**Storage:**

Maintaining proper relative humidity and temperature is most important in storing apples. Always refrigerate fresh apples. The optimum storage temperature for apples is 32°F with 90% relative humidity. Apples should be stored in their original shipping containers. Keep apples in a well ventilated area away from walls. These conditions best retard the ripening process and maintain high quality. Avoid temperatures below 32°F. Apples may pick up off-flavors if stored with other foods. The length of time apples can be held in cold storage varies

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**Name:** APPLES, FRESH

with the variety and the condition of the apples when harvested. At the temperature and humidity listed above, a generally acceptable storage period for most varieties is 3 months.

### Best if Used By

Fresh apples are best if used within a month or two of receipt. Controlled atmosphere can extend storage life another 2 to 4 months.

### Preparation:

Fresh apples are harvested mature and shipped hard or firm. The flesh of an apple gradually softens as it ripens. The ripeness can be checked by the apple's resistance to thumb pressure. To prevent cut apples from browning, dip in a solution of lemon juice and water, consisting of 1 part juice to 3 parts water.

### Cooking:

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One 2-3/4" apple with skin (about 5/8 cup fruit) provides:

Nutrition Facts	
Calories	81
Protein	0 g
Carbohydrate	21 g
Fat	0.5 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	10 mg
Sodium	0 mg
Dietary Fiber	3 g
Vitamin A	6 RE
Vitamin C	7 mg

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**Name:** APPLESAUCE, CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade A canned applesauce, regular (pureed) form with sugar or similar sweetener. Water and/or apple juice may be added.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (108 ounces) of applesauce yields 47.6 1/4-cup servings of fruit. One can contains approximately 12 cups of fruit.

**Uses:**

Serve canned applesauce chilled or in baked items.

**Storage:**

Store unopened canned applesauce off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten shelf life and speed deterioration. Store opened canned applesauce in a covered, nonmetallic container under refrigeration and use within 2 to 3 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Serve chilled applesauce plain, with raisins, or spiced as a side dish or dessert. Applesauce mixed half and half with cranberry sauce is tasty with poultry or pork. Applesauce may be added to meatloaf as a replacement for the liquid. Hot or cold applesauce with chopped nuts or grated orange rind is a good topping for pancakes, French toast or waffles. Top gingerbread with chilled applesauce. Use applesauce as directed in recipes for baked items.

**Cooking:**

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**Name:**   **APPLESAUCE, CANNED**

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A 1/4-cup serving of sweetened applesauce provides:

Nutrition Facts	
Calories	48
Protein	0 g
Carbohydrate	12 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	3 mg
Sodium	2 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	1 mg



## NSLP Fact Sheets

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**Name:** APRICOTS, SLICED, FRZ, BULK & INDIVIDUAL CUPS

**Category:** Fruits and vegetables.

**Date:** 05/02/00

**Description:**

Sliced Grade A apricots, packed in syrup. Ascorbic and citric acid may be added.

**Pack Size:**

20 pound carton containing a vacuum sealed plastic bag or 96/4-ounce cups per carton.

**Yield:**

One pound of frozen sliced apricots, when thawed, provides approximately 7.3 1/4-cup servings of fruit. A 4-ounce cup provides 1/2 cup of fruit and juice.

**Uses:**

Serve apricots chilled with syrup or chilled and drained as part of fruit salads or with cottage cheese. Combine with other fresh, canned or frozen fruits for fruit cups or compotes.

Serve drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying apricots.

**Storage:**

Store frozen apricots in freezer at 0°F or below, off the floor, and away from walls to allow for circulation of cold air. Frozen apricots may be kept approximately 18 months under proper storage conditions. Temperature changes shorten shelf life and speed deterioration.

**Best if Used By**

Frozen, sliced apricots are best if used within 18 months.

**Preparation:**

To ensure that the frozen apricots do not turn brown, thaw them in the plastic vacuum-sealed bags. The apricots should be served with some, if not all, of the juice on and around the apricots.

**Cooking:**

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**Name:**    **APRICOTS, SLICED, FRZ, BULK & INDIVIDUAL CUPS**

A 1/2-cup serving of apricots, fruit and light syrup, provides:

Nutrition Facts	
Calories	79
Protein	0 g
Carbohydrate	20 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	13 mg
Sodium	5 mg
Dietary Fiber	2 g
Vitamin A	166 RE
Vitamin C	3 mg

Each 1/4-cup serving of apricots provides:

Nutrition Facts	
Calories	59
Protein	0 g
Carbohydrate	15 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	6 mg
Sodium	2 mg
Dietary Fiber	1 g
Vitamin A	101 RE
Vitamin C	5 mg

## NSLP Fact Sheets

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**Name:** APRICOTS, UNPEELED HALVES, DICES OR

**Category:** Fruits and vegetables.

**Date:** 02/26/01

**Description:**

U.S. Grade B packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can of apricot halves yields approximately 135 halves per can and provides 24 1/2-cup servings of fruit and juice.

**Uses:**

Use canned apricots as a dessert, chilled with juice - in baking, cobblers and crisps, and in salads.

**Storage:**

Store unopened cans of apricots in a cool, dry place. Store opened canned apricots covered, in a nonmetallic container under refrigeration and use within 5-7 days.

**Best if Used By**

Canned apricots are best if used within 12-18 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **APRICOTS, UNPEELED HALVES, DICES OR**

A serving of 2 apricot halves, with light syrup provides:

Nutrition Facts	
Calories	50
Protein	0 g
Carbohydrate	13 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	8 mg
Sodium	3 mg
Dietary Fiber	1 g
Vitamin A	55 RE
Vitamin C	2 mg

## NSLP Fact Sheets

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**Name:** BAKERY MIX, BISCUIT TYPE, REGULAR & LOWFAT

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 03/16/01

**Description:**

Prepared from enriched wheat flour, sugar, refined hydrogenated vegetable shortening (excluding palm oil, palm kernel oil, and coconut oil), nonfat dry milk or buttermilk or whey, salt and leavening agents. Lowfat bakery mix is prepared from similar ingredients, excluding vegetable shortening. A fat replacer such as OATRIM is used instead of vegetable shortening in the lowfat bakery mix.

**Pack Size:**

6/5-pound packages.

**Yield:**

One pound of bakery mix equals approximately 3-1/2 cups. One pound of lowfat bakery mix equals approximately 4 cups.

**Uses:**

Use as a base for preparing biscuits, dumplings, shortcakes, waffles, pancakes, muffins, coffee cakes, etc.

**Storage:**

Store in a cool, dry, well-ventilated area. Best storage conditions are at a temperature below 50°F and at a relative humidity of less than 60%. Keep off the floor and away from walls. Rotate use. Excessive humidity and heat contribute to infestation, caking and mold. Keep away from strong odors as bakery mix readily absorbs them. Refrigeration is necessary in hot climates. Store opened bakery mix in a tightly covered container.

**Best if Used By**

Bakery mix retains its quality best if used within 9 months.

**Preparation:**

Follow manufacturer's directions on package.

**Cooking:**

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**Name:** **BAKERY MIX, BISCUIT TYPE, REGULAR & LOWFAT**

One and one-half ounces (1/3 cup) of unsifted bakery mix provides:

Nutrition Facts	
Calories	180
Protein	3 g
Carbohydrate	31 g
Fat	4.5 g
Saturated Fat	1.0 g
Cholesterol	0 mg
Iron	1.0 mg
Calcium	80 mg
Sodium	590 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

One and one-half ounces (1/3 cup) of unsifted lowfat bakery mix provides:

Nutrition Facts	
Calories	126
Protein	3 g
Carbohydrate	31 g
Fat	2.0 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Iron	1.0 mg
Calcium	80 mg
Sodium	590 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** BEANS, GREEN, CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better green beans, whole, cut or sliced lengthwise (French style).

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (101 oz.) of cut green beans will yield 45.3 1/4-cup servings of heated vegetable. Drained weight of one #10 can is approximately 60 ounces (12-7/8 cups).

**Uses:**

Serve canned green beans heated or use in a variety of main dishes, soups and salads.

**Storage:**

Store unopened canned green beans off the floor in a cool, dry place. Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten shelf life and speed deterioration. Store opened canned green beans covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	48 months	---
70°F	24 months	---
90°F	12 months	---

**Preparation:**

TO HEAT:

Drain off half of the liquid from the can. Pour green beans and remaining liquid into a stock pot or steam jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

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**Name: BEANS, GREEN, CANNED**

Pour green beans and remaining liquid into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two #10 cans. Heat in steamer at 5 lbs. pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Canned vegetables should be heated only to serving temperature and be served soon after heating. Canned green beans will become overcooked when held too long on a hot steam table or in a holding cabinet.

Add flavor to canned green beans by using herbs and spices. Season green beans with caraway, dill or sage.

Serve green beans in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, broccoli or onions.

### Cooking:

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A 1/4-cup serving of drained, cut style, heated green beans provides:

Nutrition Facts	
Calories	7
Protein	0 g
Carbohydrate	1 g
Fat	0.03 g
Saturated Fat	0.01 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	9 mg
Sodium	85 mg
Dietary Fiber	0 g
Vitamin A	11 RE
Vitamin C	1 mg



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**Name:** BEANS, GREEN, FROZEN

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better green beans, whole, French or cut style.

**Pack Size:**

30-pound container.

**Yield:**

One pound of cut green beans will yield 11.6 1/4-cup servings of cooked vegetable.

**Uses:**

Serve frozen green beans cooked or use in a variety of main dishes, soups and salads.

**Storage:**

Store unopened frozen green beans at 0°F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.

Store opened thawed green beans covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

Frozen green beans are best if used within 12 months.

**Preparation:**

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**Cooking:**

TO COOK:

Stock Pot or steam-jacketed kettle: Add frozen green beans to boiling water. If desired, add 1 teaspoon seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 20 minutes. Drain.

Steamer: Place frozen green beans in a single layer in a steamer pan. Steam uncovered at 5 lbs. pressure for 10 to 15 minutes. Drain. Sprinkle and stir 1

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**Name: BEANS, GREEN, FROZEN**

teaspoon seasoning over each 100 servings of vegetable, if desired.

Cook frozen green beans only until tender and crisp; they will continue to cook when held on a hot steam table or in a holding cabinet. Green beans will become overcooked if held too long. Schedule cooking of frozen green beans so they will be served soon after cooking. Frozen green beans, like most frozen vegetables, can be cooked without thawing.

Add flavor to green beans with herbs and spices such as caraway, dill or sage.

Serve green beans in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, mushrooms, or onions.

A 1/4-cup serving of cooked green beans provides:

Nutrition Facts	
Calories	9
Protein	0 g
Carbohydrate	2 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	15 mg
Sodium	4 mg
Dietary Fiber	1 g
Vitamin A	17 RE
Vitamin C	2 mg

## NSLP Fact Sheets

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**Name:** BEANS, LIMA, CANNED AND DRY

**Category:** Meats and meat alternates.

**Date:** 08/18/97

**Description:**

Dry lima beans (large). Canned dried baby lima beans, cooked and packed in salt water.

**Pack Size:**

25 pound bag or 6/#10 cans per case.

**Yield:**

One pound of dry large lima beans yields 27 1/4-cup servings of cooked beans. One #10 can (105 oz.) of dried baby limas yields the following: 72 ounces (11-3/4 cups) drained or 41 1/4-cup servings of heated drained beans.

**Uses:**

Use cooked dry or canned dried lima beans in soups, salads, and entrees, or serve as a vegetable. Canned dried limas are ready for immediate use. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

**Storage:**

Store dry beans and canned beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mildew.

Store cooked beans or opened canned beans covered, in a nonmetallic container under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	72 months	Canned
40°F	24 months	Dry
70°F	36 months	Canned
70°F	12 months	Dry
90°F	18 months	Canned
90°F	9 months	Dry

## NSLP Fact Sheets

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**Name:** BEANS, LIMA, CANNED AND DRY

### Preparation:

Dry beans: Sort beans to remove foreign matter, and rinse in cold water. Soaking the beans shortens cooking time and ensures that the beans will hold their shape.

TO SOAK:

Overnight Method: Add dry beans to cold water. Cover. Let the beans stand in refrigerator overnight. Pour off the soaking water, rinse beans and cook immediately after the soaking period.

Longer soaking periods are not recommended.

Quick-soak Method: Pour the dry beans into boiling water and boil for 2 minutes. Remove from heat and let stand in the water for 1 hour.

### Cooking:

Use approximately 1-3/4 quarts of boiling water for each pound of beans. One pound of small lima beans equals about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of dry beans, if desired. Cook for approximately 1 hour. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.

A 1/4-cup serving of cooked dry lima beans with no added salt provides:

Nutrition Facts	
Calories	54
Protein	3 g
Carbohydrate	9 g
Fat	0.2 g
Saturated Fat	0.04 g
Cholesterol	0 mg
Iron	1.1 mg
Calcium	8 mg
Sodium	1 mg
Dietary Fiber	3 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** BEANS, RED, CANNED AND DRY

**Category:** Meats and meat alternates.

**Date:** 08/18/97

**Description:**

Pinto, pink, light red kidney, dark red kidney, red: dry beans or canned dried beans packed in salt water.

**Pack Size:**

25 pound bag or 100 pound bag for processing or 6/#10 cans per case.

**Yield:**

One pound of dry beans yields the following:

Kidney - 24.8 1/4-cup servings of cooked beans; Pinto - 24.9 1/4-cup servings of cooked beans.

One pound of dry beans equals about 2-3/8 cups dry and yields about 6 cups of cooked beans.

One #10 can of dried beans (108 oz.) yields the following:

Kidney - 72 oz. (11-1/3 cups) drained or 41.9 1/4-cup servings of heated drained beans; Pinto - 93 oz. (11-5/8 cups) drained or 43.3 1/4-cup servings of heated drained beans.

**Uses:**

Use cooked dry or canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

**Storage:**

Store dry beans and canned beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mildew.

Store cooked beans or opened canned beans covered, in a nonmetallic container and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
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## NSLP Fact Sheets

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**Name:** BEANS, RED, CANNED AND DRY

40°F	72 months	Canned
40°F	24 months	Dry
70°F	36 months	Canned
70°F	12 months	Dry
90°F	18 months	Canned
90°F	9 months	Dry

### Preparation:

Dry beans: sort beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape.

TO SOAK:

Overnight Method: add dry beans to cold water. Cover. Let stand in refrigerator overnight. Pour off soaking water and rinse before cooking. Cook immediately after soaking period. Longer periods of soaking are not recommended.

Quick-Soak Method: pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water and rinse before cooking.

### Cooking:

Use approximately 1-3/4 quarts of boiling water for each pound of beans.

One pound of kidney beans equals about 2-1/2 cups. One pound of pinto beans equals about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of dry beans, if desired. Cook for approximately 2 hours. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.

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**Name: BEANS, RED, CANNED AND DRY**

A 1/4-cup of canned red kidney beans (solids and liquid) packed in salt water provides:

Nutrition Facts	
Calories	54
Protein	3 g
Carbohydrate	9 g
Fat	0.2 g
Saturated Fat	.03 g
Cholesterol	0 mg
Iron	0.8 mg
Calcium	15 mg
Sodium	218 mg
Dietary Fiber	4 g
Vitamin A	0 RE
Vitamin C	0 mg

A 1/4-cup serving of cooked dry red kidney beans with no added salt provides:

Nutrition Facts	
Calories	56
Protein	3 g
Carbohydrate	10 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	1.3 mg
Calcium	12 mg
Sodium	0 mg
Dietary Fiber	3 g
Vitamin A	0 RE
Vitamin C	0 mg

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**Name:** BEANS, REFRIED, CANNED

**Category:** Meats and meat alternates.

**Date:** 06/30/98

**Description:**

U.S. Grade 2 pinto beans, no added fat, salt content not to exceed 0.5%.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (7 lbs. 3 oz.) yields about 25.7 1/2-cup servings of refried beans or 51.5 1/4-cup servings of refried beans.

**Uses:**

Refried beans may be used either as a vegetable or a meat/meat alternate. Served as an accompaniment to a main dish, refried beans may be topped with grated cheese or picante sauce. As part of the main dish, refried beans may be featured in various Mexican entrees, such as bean burrito, bean tostadas, chiles rellenos or nachos frijoles.

**Storage:**

Canned refried beans should be stored off the floor in a cool, dry place. Store opened canned refried beans covered, in a nonmetallic container under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	72 months	--
70°F	36 months	--
90°F	18 months	--

**Preparation:**

Refried beans should be heated slowly at a low to medium temperature in a steam-jacketed kettle, or a steamer to an internal temperature of 140°F. Stir



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**Name:**    **BEANS, REFRIED, CANNED**

occasionally to distribute heated beans. Do not overheat--beans can burn and dry out quickly. Refried beans are best served hot.

### **Cooking:**

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A 1/4-cup serving of refried beans, heated, provides:

Nutrition Facts	
Calories	44
Protein	3 g
Carbohydrate	10 g
Fat	0.38 g
Saturated Fat	0.10 g
Cholesterol	0 mg
Iron	1.2 mg
Calcium	22 mg
Sodium	158 mg
Dietary Fiber	4 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** BEANS, VEGETARIAN, CANNED

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (110 oz.) of vegetarian beans yields 48.9 1/4-cup servings of cooked beans.

**Uses:**

Serve vegetarian beans heated or use in casseroles or in baked beans. Serve vegetarian beans with pork and chicken.

**Storage:**

Store vegetarian beans off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration of the beans.

Store opened canned vegetarian beans covered, in a nonmetallic container under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Heat and serve alone or use as directed in recipes. Add onion, garlic, catsup, barbecue sauce or mustard to vary flavor.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **BEANS, VEGETARIAN, CANNED**

A 1/4-cup serving of vegetarian beans, in sauce, heated, provides:

Nutrition Facts	
Calories	60
Protein	3 g
Carbohydrate	12 g
Fat	0.4 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	0.9 mg
Calcium	28 mg
Sodium	230 mg
Dietary Fiber	3 g
Vitamin A	8 RE
Vitamin C	1 mg

## NSLP Fact Sheets

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**Name:** BEANS, WHITE, CANNED AND DRY

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Dry beans: navy (pea), small white or Great Northern. Canned dried beans are packed in salt water.

**Pack Size:**

6/#10 cans per case or 25 pound bag or 100 pound bag for processing.

**Yield:**

One pound of dry Great Northern beans yields 25.5 1/4-cup servings of cooked beans. One pound of navy (pea) beans yields 23.9 1/4-cup servings of cooked beans. One pound of dry beans equals about 2-1/4 cups dry or about 6 cups cooked beans.

**Uses:**

Use cooked dry beans in soups, salads or entrees. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.

**Storage:**

Store dry beans and canned beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold. Store cooked beans or opened canned beans covered, in a nonmetallic container under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	72 months	Canned
40° F	24 months	Dry
70° F	12 months	Dry
70° F	36 months	Canned
90° F	18 months	Canned
90° F	9 months	Dry

## NSLP Fact Sheets

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**Name:** BEANS, WHITE, CANNED AND DRY

### Preparation:

Dry beans: sort beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape.

TO SOAK:

Overnight Method: add dry beans to cold water. Cover. Let stand in refrigerator overnight. Pour off soaking water, rinse and cook immediately after soaking period. Longer periods of soaking are not recommended.

Quick Soak Method: pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse and cook immediately after soaking period.

### Cooking:

Use approximately 1-3/4 quarts of boiling water for each pound of beans. One pound of Great Northern beans equals about 2-1/2 cups. One pound of Navy (pea) beans equals about 2-1/4 cups. Add 1/2 teaspoon salt for every pound of beans, if desired. Cook for 1 to 2 hours. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.

A 1/4 cup-serving of cooked navy beans with no added salt provides:

Nutrition Facts	
Calories	65
Protein	4 g
Carbohydrate	12 g
Fat	0.3 g
Saturated Fat	0.07 g
Cholesterol	0 mg
Iron	1.1 mg
Calcium	32 mg
Sodium	0 mg
Dietary Fiber	3 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** BEEF POT ROAST, COOKED WITH JUICES, FROZEN

**Category:** Meats and meat alternates.

**Date:** 12/15/98

**Description:**

Cooked beef pot roasts are seasoned, packaged and cooked in their juices. They will have a "well done" appearance and be "fork tender" in texture. Finished product will not exceed 10% fat.

**Pack Size:**

Each carton will weigh approximately 40 pounds and will contain no more than 4 packaged roasts weighing between 8 and 10 pounds each.

**Yield:**

Each 1.25-ounce serving of fully cooked roast beef provides 1.0 ounce of equivalent meat.

**Uses:**

This fully cooked beef pot roast may be heated, sliced and served with its juices. Pot roast may be served with additional seasonings, sauces or gravy, used in hot or cold sandwiches, marinated salads, or in recipes calling for cooked beef.

**Storage:**

Store cooked beef roast frozen at 0°F or below off the floor in original shipping container.

**Best if Used By**

Frozen beef roast is best if used within 9 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:** BEEF POT ROAST, COOKED WITH JUICES, FROZEN

A 3-ounce serving of roast beef, cooked, provides:

Nutrition Facts	
Calories	184
Protein	28 g
Carbohydrate	0 g
Fat	7.0 g
Saturated Fat	2.56 g
Cholesterol	86 mg
Iron	4.5 mg
Calcium	0 mg
Sodium	56 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** BEEF, CANNED WITH NATURAL JUICES

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Beef with no more than 0.5% salt added for flavor.

**Pack Size:**

24/29-ounce cans per case.

**Yield:**

One 29-ounce can provides 14.7 1-ounce servings of heated meat.

**Uses:**

Canned beef is thoroughly cooked during processing and may be used in main dishes, such as barbecue beef, pizza, spaghetti sauce and casseroles. Substitute canned beef for ground beef, beef cubes or similar meats in recipes.

**Storage:**

Store unopened canned beef off the floor in a cool, dry place. Store opened canned beef covered, in a nonmetallic container under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	60 months	---
70°F	36 months	---
90°F	18 months	---

**Preparation:**

Canned beef may be chopped, cubed, ground, sliced and used in recipes. When sliced, the beef can be served cold or can be heated and served hot. Place the canned beef in the refrigerator overnight before opening and slicing. Chilling the meat makes it easier to remove the fat from the meat. The natural juices from the beef can be used for part of the liquid required by many main dish and soup recipes. Chill only as many cans as will be needed for 1 day's use. Using a can opener, remove both the bottom and top lids of the can and push the beef through with the bottom lid.

**Cooking:**



## NSLP Fact Sheets

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**Name:**    **BEEF, CANNED WITH NATURAL JUICES**

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One ounce of heated canned beef, with fat removed, provides:

Nutrition Facts	
Calories	42
Protein	5 g
Carbohydrate	0 g
Fat	2.1 g
Saturated Fat	0.8 g
Cholesterol	18 mg
Iron	0.7 mg
Calcium	3 mg
Sodium	98 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** BEEF, GROUND, BULK, FROZEN

**Category:** Meats and meat alternates.

**Date:** 05/19/00

**Description:**

100 percent ground beef. The average fat content is 16 percent.

**Pack Size:**

GROUND BEEF: 36-pound case with four or six bags of casings weighing approximately 6 to 9 pounds each. COARSE GROUND BEEF: 60# container. FINE GROUND BEEF: 40# sleeve.

**Yield:**

One pound of raw ground beef will provide 11.8 1-ounce servings of cooked meat.

**Uses:**

Serve bulk ground beef as patties or use in mixed dishes, such as in tacos, chili, meat loaf, macaroni, vegetable and/or beef casseroles. Use as a topping on pizza or in sauces for spaghetti and lasagna.

**Storage:**

Store frozen ground beef hard-frozen in original shipping container off the floor at 0°F or below.

**Best if Used By**

Frozen ground beef is best if used within 9 months.

**Preparation:**

TO THAW: Thaw only the amount needed for 1 days use. Avoid leftovers. Schedule thawing so that the meat will be cooked soon after it is thawed. Do not thaw at room temperature or in water and do not refreeze. Remove from carton and thaw in original wrappings in refrigerator (35 to 40°F). Space blocks or packages of meat on flat pans on refrigerator shelves so air can circulate freely. Allow 1-1/2 hours per pound for thawing of meat or 18 to 24 hours for thawing 12 to 15 pounds of ground beef.

**Cooking:**

Using a thermometer to test the temperature, heat ground beef thoroughly to an internal temperature of 160°F.

## NSLP Fact Sheets

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**Name:**    **BEEF, GROUND, BULK, FROZEN**

A 2-ounce serving of cooked ground beef (not to exceed 17 percent fat) provides:

Nutrition Facts	
Calories	143
Protein	14 g
Carbohydrate	0 g
Fat	9.1 g
Saturated Fat	3.5 g
Cholesterol	47 mg
Iron	1.3 mg
Calcium	3 mg
Sodium	38 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** BEEF, GROUND, PATTIES, & VPP FROZEN

**Category:** Meats and meat alternates.

**Date:** 06/11/01

**Description:**

Three-ounce ground beef patties (combination of ground beef and vegetable protein product formed into patties). Maximum of 20% hydrated soy product in the combined finished product. The dry soy product must meet nutritional requirements established in USDA/FNS regulations. The average fat content is 15%.

**Pack Size:**

40-pound container of approximately 213 patties.

**Yield:**

One pound yields approximately 5.3 3-ounce ground beef patties. Each 3-ounce raw meat patty yields about 2 ounces of cooked lean meat.

**Uses:**

Ground beef patties may be baked or broiled in an oven, pan-fried or pan-broiled. For variety, top with lowfat cheese, tomato sauce, mushrooms, onions or other toppings. Season as desired.

**Storage:**

Store ground beef patties with VPP hard-frozen in original shipping container off the floor at 0°F or below.

**Best if Used By**

Frozen ground beef patties, VPP are best if used within 4 months.

**Preparation:**

Beef patties with VPP should be cooked from the frozen state to prevent moisture loss. Partially thaw in refrigerator only until patties can be easily separated. Separate and place patties into sheet pans. Avoid injury - do not separate with a knife or sharp-edged object.

**Cooking:**

Bake in standard (deck) oven at 350°F for 18 to 20 minutes or convection oven at 350°F for 6 to 10 minutes. Using a thermometer to test the temperature, heat beef patties thoroughly to an internal temperature of 155°F. Add seasoning, if desired, after cooking. Serve as soon as possible. Holding beef patties on a steam table or in a holding cabinet will cause them to dry out and be tough.

## NSLP Fact Sheets

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**Name:**    **BEEF, GROUND, PATTIES, & VPP FROZEN**

One 3-ounce raw ground beef patty with VPP when cooked (2 ounces) without added salt provides:

Nutrition Facts	
Calories	185
Protein	21 g
Carbohydrate	0 g
Fat	9.8 g
Saturated Fat	3.8 g
Cholesterol	49 mg
Iron	2.3 mg
Calcium	16 mg
Sodium	59 mg
Dietary Fiber	0 g
Vitamin A	25 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** BEEF, GROUND, PATTIES, FROZEN

**Category:** Meats and meat alternates.

**Date:** 06/11/01

**Description:**

Three-ounce ground beef patties. The average fat content is 17%.

**Pack Size:**

40-pound container of approximately 213 patties.

**Yield:**

One pound yields approximately 5.3 3-ounce ground beef patties. Each 3-ounce raw meat patty yields about 2 ounces of cooked lean meat.

**Uses:**

Ground beef patties may be pan-fried or pan-broiled.

**Storage:**

Store ground beef patties hard-frozen in original shipping container off the floor at 0°F or below.

**Best if Used By**

Frozen ground beef patties are best if used within 4 months.

**Preparation:**

Beef patties should be cooked from the frozen state to prevent moisture loss. Partially thaw in refrigerator only until patties can be easily separated. Separate and place patties into sheet pans. Avoid injury - do not separate with a knife or sharp-edged object.

**Cooking:**

Bake in standard (deck) oven at 350°F for 18 to 20 minutes or convection oven at 350°F for 6 to 10 minutes. Using a thermometer to test the temperature, heat beef patties thoroughly to an internal temperature of 155°F. Serve as soon as possible. Holding on a steam table or in a holding cabinet will cause them to dry out and be tough.

## NSLP Fact Sheets

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**Name:**    **BEEF, GROUND, PATTIES, FROZEN**

One 3-ounce raw patty when cooked without added salt provides:

Nutrition Facts	
Calories	240
Protein	12 g
Carbohydrate	0 g
Fat	16.7 g
Saturated Fat	6.6 g
Cholesterol	80 mg
Iron	1.8 mg
Calcium	9 mg
Sodium	66 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	9 mg

## NSLP Fact Sheets

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**Name:** BEEF, GROUND, PATTIES, FROZEN, 10% FAT

**Category:** Meats and meat alternates.

**Date:** 06/11/01

**Description:**

Raw frozen beef patties prepared from ground beef, including no more than 10% added ingredients. Patties contain either carrageenan or a combination of oat bran and isolated oat product, to yield a finished product containing no more than 10% total fat.

**Pack Size:**

40-pound container with a minimum of 206 beef patties.

**Yield:**

One 3.1 ounce raw patty, when cooked provides 2 ounces of cooked lean meat.

**Uses:**

Beef patties may be baked or broiled in an oven, pan-fried or pan-broiled. For variety, top with lowfat cheese, tomato sauce, mushrooms, onions or other toppings. Season as desired.

**Storage:**

Store beef patties hard-frozen in original shipping containers off the floor at 0°F or below.

**Best if Used By**

Frozen beef patties, 10% fat, are best if used within 4 months.

**Preparation:**

Beef patties should be cooked from the frozen state to prevent moisture loss. Partially thaw in refrigerator only until patties can be easily separated. Separate and place patties into sheet pans. Avoid injury - do not separate with a knife or sharp-edged object.

**Cooking:**

Bake in standard (deck) oven at 350°F for 18 to 20 minutes or convection oven at 350°F for 6 to 10 minutes. Using a thermometer to test the temperature, heat beef patties thoroughly to an internal temperature of 155°F. Serve as soon as possible. Holding on a steam table or in a holding cabinet will cause them to dry out and be tough.



## NSLP Fact Sheets

**Name: BEEF, GROUND, PATTIES, FROZEN, 10% FAT**

One cooked beef patty (NTE 10% fat) containing carrageenan, provides:

Nutrition Facts	
Calories	187
Protein	20 g
Carbohydrate	0 g
Fat	11.4 g
Saturated Fat	4.6 g
Cholesterol	51 mg
Iron	2.6 mg
Calcium	11 mg
Sodium	235 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

One cooked beef patty (NTE 10% fat) containing oat bran and isolated oat product provides:

Nutrition Facts	
Calories	199
Protein	20 g
Carbohydrate	0 g
Fat	12.3 g
Saturated Fat	4.6 g
Cholesterol	53 mg
Iron	2.3 mg
Calcium	6 mg
Sodium	66 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** BLACKBERRIES, FROZEN

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better blackberries, unsweetened. Either native variety (wild) or cultivated, individually quick frozen (IQF).

**Pack Size:**

30-pound carton.

**Yield:**

One pound of thawed blackberries will provide 9 1/4-cup servings.

**Uses:**

Serve thawed blackberries in fruit cups and salads. Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, quick breads or other baked items.

**Storage:**

Store frozen blackberries at 0°F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.

Store thawed blackberries covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

Frozen blackberries are best if used within 18 months when stored under proper storage conditions.

**Preparation:**

Drain thawed blackberries before serving. Add berries last to fruit salads and other mixtures to avoid discoloring other fruits. To lighten the color of blackberries and blackberry juice (to make it appear more red) add an acid such as lemon, grapefruit or orange juice. To avoid streaking of color through batter and dough in baking, coat blackberries with flour or other dry ingredients and add to batter immediately. Do not refreeze blackberries.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **BLACKBERRIES, FROZEN**

A 1/4-cup serving of unsweetened blackberries provides:

Nutrition Facts	
Calories	24
Protein	0 g
Carbohydrate	5 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	11 mg
Sodium	0 mg
Dietary Fiber	1 g
Vitamin A	4 RE
Vitamin C	1 mg

## NSLP Fact Sheets

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**Name:** BLACKBERRY/RASPBERRY PUREE

**Category:** Fruits and vegetables.

**Date:** 11/30/98

**Description:**

Blackberry/Raspberry puree is produced from ripened blackberries/raspberries with a tart flavor and aroma, free from fermentation and any off flavors or odors. The consistency is thick and smooth. The blackberry color is bright reddish purple to dark purple. The raspberry color is bright red to reddish purple. The pH range is 2.9 - 4 depending on the variety.

**Pack Size:**

Packed in cartons of 6/5.75 pound FDA approved food grade, plastic, frozen food containers.

**Yield:**

Each food container will provide approximately 5.75 pounds of blackberry puree.

**Uses:**

Use as a recipe ingredient for bakery products served at breakfast or lunch. May be used in fruit roll-ups or bars; cobblers; pastry fillings; gelatin salads and desserts; and as a flavoring for fruit drinks, pudding, syrup for pancakes and French toast, cream cheese spread, dessert toppings and sauces, salad dressings and yogurt.

**Storage:**

Store and transport the product at 0°F to -10°F. Proper thawing is the key to product quality. For best results, thaw the product at 40°F to minimize oxidation. Promptly return any unused product to the refrigerator and use within 5 days.

**Best if Used By**

Blackberry/Raspberry puree can be kept at at 0°F to -10°F for 18 months after date of pack. After thawing, it is best if used within 5 days.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

**Name: BLACKBERRY/RASPBERRY PUREE**

A 3.5 ounce serving (100 grams) of raspberry puree provides:

Nutrition Facts	
Calories	40
Protein	1 g
Carbohydrate	8 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	1.1 mg
Calcium	15 mg
Sodium	1 mg
Dietary Fiber	3 g
Vitamin A	68 RE
Vitamin C	4 mg

A 3.5 oz. serving (100 grams) of blackberry puree provides: (Nutrient information was obtained from industry sources. Blackberry puree will be included in the National Nutrient Database for Child Nutrition Programs (NND-CNP) at a later date.)

Nutrition Facts	
Calories	41
Protein	1 g
Carbohydrate	8 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	26 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	8 RE
Vitamin C	1 mg

## NSLP Fact Sheets

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**Name:** BLUEBERRIES, FROZEN

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better blueberries, unsweetened. Either native type (wild) or cultivated type, individually quick frozen (IQF).

**Pack Size:**

30-pound carton.

**Yield:**

One pound of thawed blueberries will provide 11.7 1/4-cup servings.

**Uses:**

Serve thawed blueberries in fruit cups, salads, hot or cold cereals. Use in recipes for jellied salads, pies, cobblers, pancakes, muffins or baked items.

**Storage:**

Store frozen blueberries at 0°F or below, off the floor and away from walls to allow circulation of cold air.

Temperature changes shorten shelf life and speed deterioration.

Store opened blueberries covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

Frozen blueberries are best if used within 18 months when stored under proper storage conditions.

**Preparation:**

Drain frozen blueberries before serving. Add frozen blueberries last to fruit salads or other mixtures so as not to crush the blueberries or discolor other fruits. To lighten the color of blueberries and blueberry juice (to make it appear more red) add an acid such as lemon, grapefruit or orange juice. To avoid streaking of color through batter and dough in baking, coat frozen blueberries with flour or dry ingredients. Add to batter at once. Do not refreeze blueberries.

**Cooking:**

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## NSLP Fact Sheets

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**Name:** BLUEBERRIES, FROZEN

A 1/4-cup serving of unsweetened blueberries provides:

Nutrition Facts	
Calories	20
Protein	0 g
Carbohydrate	4 g
Fat	0.3 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.1 mg
Calcium	3 mg
Sodium	0 mg
Dietary Fiber	1 g
Vitamin A	3 RE
Vitamin C	1 mg

## NSLP Fact Sheets

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**Name:** BULGUR, (CRACKED WHEAT)

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 12/15/96

**Description:**

Cracked Wheat.

**Pack Size:**

50-pound bag.

**Yield:**

One pound of bulgur yields 19.6 1/2-cup servings cooked. One pound dry equals about 3 cups.

**Uses:**

Serve bulgur as a cooked breakfast cereal or with meat, poultry or fish. Cooked bulgur may be used in casseroles, breads, desserts, soups, stews or vegetarian chili. Bulgur can be used in place of rice in any recipe.

**Storage:**

Store off the floor in a cool, dry place. After opening, store bulgur in a covered container. Bulgur may become rancid in high temperatures and high humidity. In warm climates, refrigeration is recommended.

**Best if Used By**

Bulgur is best if used within 4 months when properly stored.

**Preparation:**

Do not wash or rinse bulgur before or after cooking. Do not stir while cooking. Bulgur swells as long as moisture is available.

Bulgur may be added to flour in yeast breads (use 1/2 to 1 cup cooked bulgur to 6 cups flour). Use cooked or bulgur that has been soaked in water until soft, in quick breads, biscuits, bar or dropped cookies, cakes and fruit breads.

**Cooking:**

TO COOK BULGAR:

100 Servings:

Ingredients:



## NSLP Fact Sheets

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**Name:**    **BULGUR, (CRACKED WHEAT)**

- (1) Bulgar - (Weight - 5 Lbs. 2 Oz.)
- (2) Salt - (Weight - 1-1/2 Oz.)
- (3) Water - (Measure - 1 Gal. 3-1/2 Qts.)

Directions:

(1) Place 2 lbs. 9 oz. (about 1-1/4 qts.) bulgur in each of 2 baking pans (12" x 20" x 2-1/2").

(2) Add salt to boiling water. Pour 3-3/4 quarts water over bulgur in each pan.

(3) Cover pans tightly.

(4) Bake at 350°F (moderate oven) or steam at 5 lbs. pressure for 25 minutes.

(5) Remove from oven or steamer and let stand, covered, for 5 minutes.

SERVING: 1/2-cup provides 1 serving of cooked cereal grain.

## NSLP Fact Sheets

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**Name:**    **BULGUR, (CRACKED WHEAT)**

A 1/4-cup serving of bulgur, cooked provides:

Nutrition Facts	
Calories	38
Protein	1 g
Carbohydrate	8 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	4 mg
Sodium	4 mg
Dietary Fiber	2 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CARROTS, FROZEN

**Category:** Fruits and vegetables.

**Date:** 04/10/98

**Description:**

U.S. Grade A frozen carrots, sliced or crinkle-cut.

**Pack Size:**

30# carton.

**Yield:**

One pound of frozen sliced carrots will yield 10.5 1/4-cup servings of heated vegetable.

**Uses:**

Serve cooked carrots alone or in a variety of main dishes, soups, or salads.

**Storage:**

Store unopened frozen carrots at 0°F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration.

**Best if Used By**

Carrots can be kept at 0°F or below for up to 12 months from date of pack. Keep frozen until ready to use.

**Preparation:**

Stock pot or steam-jacketed kettle: Add frozen carrots to boiling water. If desired, add 1 teaspoon seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.

Steamer: Place frozen carrots in a single layer in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. If desired, sprinkle 1 teaspoon of seasoning over each 100 servings of vegetable and stir to combine. Cook frozen vegetables only until tender but crisp; they may continue to cook when held on a hot steam table or in a holding cabinet. Carrots will become overcooked if held too long. Schedule cooking of carrots so they will be served soon after cooking. Most frozen vegetables can be cooked without thawing.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **CARROTS, FROZEN**

A 1/2-cup serving of frozen carrot slices, heated without salt, provides:

Nutrition Facts	
Calories	26
Protein	0 g
Carbohydrate	6 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	20 mg
Sodium	43 mg
Dietary Fiber	2 g
Vitamin A	1292 RE
Vitamin C	2 mg

## NSLP Fact Sheets

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**Name:** CARROTS, NO ADDED SALT, CANNED

**Category:** Fruits and vegetables.

**Date:** 08/18/97

**Description:**

USDA Grade A carrots with no salt added. Carrots are sliced or crinkle-cut and will be less than 1-1/2 inches in diameter.

**Pack Size:**

6/#10 cans per case.

**Yield:**

Each #10 can contains approximately 105 ounces of carrots and liquid and approximately 68 ounces of drained carrots. Each can provides about 47.4 1/4-cup servings of carrots and liquid.

**Uses:**

Heat carrots and serve alone or candied. Glaze in margarine with chopped parsley (Carrots Vichy). Dice or chop carrots and use in stews and soups for flavor. Combine cooked carrots with celery, mushrooms, beans, etc. Cut up with asparagus or onions. Use in bread stuffing with meat, fish or poultry to increase the fiber and vitamin content.

**Storage:**

Store unopened canned carrots off the floor in a cool dry place. High temperatures reduce storage life.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	60 months	---
70° F	30 months	---
90° F	15 months	---

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **CARROTS, NO ADDED SALT, CANNED**

A 1/2-cup serving of canned carrots, no salt added (solids and liquids) provides:

Nutrition Facts	
Calories	28
Protein	0 g
Carbohydrate	6 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.6 mg
Calcium	38 mg
Sodium	42 mg
Dietary Fiber	2 g
Vitamin A	1189 RE
Vitamin C	2 mg

## NSLP Fact Sheets

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**Name:** CHEESE, AMERICAN, PASTEURIZED PROCESS -

**Category:** Meats and meat alternates.

**Date:** 11/30/98

**Description:**

Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized and mixed with an emulsifier according to FDA's Standard of Identity.

**Pack Size:**

6/5-pound loaves or 12/2-pound packages.

**Yield:**

One pound of cheese yields 16 1-ounce servings.

**Uses:**

Serve as is with sandwiches, fruit, in cooked dishes such as sauces, casseroles or breads, and as a garnish for salads.

**Storage:**

Refrigerate cheese in the original container until ready to use, at a temperature between 30°F and 40°F. Store cheese out of the airflow in the cooler so it doesn't pick up off-flavor air spores common in all coolers.

If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. It will keep better if re-wrapped with new plastic wrap after each time opened. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed container, if possible.

Process cheeses can be frozen; however, freezing is not recommended, and there will be changes in body and texture due to crystallization of moisture during freezing. For this reason, previously frozen cheese is best used crumbled or shredded.

Thaw cheese slowly in the refrigerator in its original wrapper so it won't lose moisture. The slower the cheese is thawed, the better. Completely temper the entire loaf of cheese to room temperature before melting. Daily usage should be planned to have the correct quantity of cheese in the thawing process.

**Best if Used By**

Process cheese loaves are best if used within 1 year when stored unopened in original packages at a constant refrigeration temperature of 32°F. After opening, it can be kept well-wrapped between 30°F and 40°F for up to 3-4 weeks.

## NSLP Fact Sheets

**Name:** CHEESE, AMERICAN, PASTEURIZED PROCESS -

### Preparation:

Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good slicing and melting properties. Loaves of cheese can be easily sliced with a clean meat slicer or wire cutter. Process cheese is marginal for shredding, and is not recommended for grinding or grating. Cheese shreds more easily immediately after being removed from refrigeration. Previously frozen process cheese is best used crumbled or shredded. Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.

### Cooking:

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One ounce of pasteurized process American cheese provides:

Nutrition Facts	
Calories	106
Protein	6 g
Carbohydrate	0 g
Fat	8.9 g
Saturated Fat	5.6 g
Cholesterol	27 mg
Iron	0.1 mg
Calcium	175 mg
Sodium	406 mg
Dietary Fiber	0 g
Vitamin A	82 RE
Vitamin C	0 mg



## NSLP Fact Sheets

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**Name:** CHEESE, AMERICAN, PASTEURIZED PROCESS -

**Category:** Meats and meat alternates.

**Date:** 11/30/98

**Description:**

Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized and mixed with an emulsifier according to FDA's Standard of Identity.

**Pack Size:**

6/5-pound sliced loaves.

**Yield:**

One pound of cheese yields 32 1/2-ounce slices.

**Uses:**

Serve as is with sandwiches, with fruit, or as a garnish for salads.

**Storage:**

Refrigerate cheese in the original container until ready to use, at a temperature between 30°F and 40° F. Store cheese out of the airflow in the cooler so it doesn't pick up off-flavor air spores common in all coolers.

If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. It will keep better if re-wrapped with new plastic wrap after each time opened. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed container, if possible.

Process cheeses can be frozen; however, freezing is not recommended, and there will be changes in body and texture due to crystallization of moisture during freezing. For this reason, previously frozen cheese is best used crumbled.

Thaw frozen cheese slowly in the refrigerator in its original wrapper so it won't lose moisture. The slower the cheese is thawed, the better. Daily usage should be planned to have the correct quantity of cheese in the thawing process.

**Best if Used By**

Process cheese slices are best if used within 6 months when stored in the original package at a constant 32°F. Opened packages re-wrapped tightly and stored between 30°F and 40°F are best if used within 3-4 weeks. Frozen packages opened and re-wrapped tightly, and stored at 0°F or below, are best if used within 6-8 weeks.

## NSLP Fact Sheets

**Name:** CHEESE, AMERICAN, PASTEURIZED PROCESS -

### Preparation:

Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties. Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.

### Cooking:

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One ounce of pasteurized process American cheese provides:

Nutrition Facts	
Calories	106
Protein	6 g
Carbohydrate	0 g
Fat	8.9 g
Saturated Fat	5.6 g
Cholesterol	27 mg
Iron	0.1 mg
Calcium	175 mg
Sodium	406 mg
Dietary Fiber	0 g
Vitamin A	82 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHEESE, AMERICAN, PASTEURIZED PROCESS,

**Category:** Meats and meat alternates.

**Date:** 11/30/98

**Description:**

Pasteurized process American cheese is a blend of fresh and aged natural cheese (such as cheddar, colby, etc.) that has been melted, pasteurized and mixed with an emulsifier according to FDA's Standard of Identity.

**Pack Size:**

4/5-pound packages, shredded.

**Yield:**

One pound of cheese yields 4 cups shredded.

**Uses:**

Serve as is in cooked dishes such as sauces, casseroles or breads; or as a garnish for salads and other foods.

**Storage:**

Refrigerate cheese in the original container until ready to use, at a temperature between 30°F and 40° F. Store cheese out of the airflow in the cooler so it doesn't pick up off-flavor air spores common in all coolers.

If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. It will keep better if re-wrapped with new plastic wrap after each time opened. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed container, if possible.

Process cheeses can be frozen; however, freezing is not recommended, and there will be changes in body and texture due to crystallization of moisture during freezing.

Thaw frozen cheese slowly in the refrigerator in its original wrapper so it won't lose moisture. The slower the cheese is thawed, the better. Daily usage should be planned to have the correct quantity of cheese in the thawing process.

**Best if Used By**

Shredded process cheese is best if used within 5 months when stored in its original package at a constant refrigeration temperature of 32°F. Once opened, shredded cheese should be used as soon as possible before mold develops.

## NSLP Fact Sheets

**Name:** CHEESE, AMERICAN, PASTEURIZED PROCESS,

### Preparation:

Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good melting properties. Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.

### Cooking:

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One ounce of pasteurized process American cheese provides:

Nutrition Facts	
Calories	106
Protein	6 g
Carbohydrate	0 g
Fat	8.9 g
Saturated Fat	5.6 g
Cholesterol	27 mg
Iron	0.1 mg
Calcium	175 mg
Sodium	406 mg
Dietary Fiber	0 g
Vitamin A	82 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHEESE, BLEND OF AMERICAN & SKIM MILK

**Category:** Meats and meat alternates.

**Date:** 02/24/00

**Description:**

A pasteurized process blend of natural cheeses. The product can be used as a substitute for pasteurized process cheese and offers a significant reduction in fat when compared to pasteurized process cheese.

**Pack Size:**

6/5-pound loaves per carton. 6/5-pound packages of sliced cheese per carton.

**Yield:**

One pound of cheese blend provides 16 servings of 1 ounce each. One pound of sliced cheese provides 32 1/2-ounce slices.

**Uses:**

Serve as you would pasteurized process cheese: as is with sandwiches, with fruit, in cooked dishes such as sauces, casseroles or breads, and as a garnish for salads.

**Storage:**

Refrigerate cheese in the original container until ready to use, at a temperature between 30°F and 40°F. Store cheese out of the airflow in the cooler so it doesn't pick up off-flavor air spores common in all coolers. If the original wrap is removed, re-wrap cheese tightly with plastic film without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. It will keep better if re-wrapped with new plastic film after each time opened. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed container, if possible.

Process cheeses can be frozen; however, freezing is not recommended, and there will be changes in body and texture due to crystallization of moisture during freezing. For this reason, previously frozen cheese is best used crumbled or shredded.

Thaw cheese slowly in the refrigerator in its original wrapper so it won't lose moisture. The slower the cheese is thawed, the better. Completely temper the entire loaf of cheese to room temperature before melting. Daily usage should be planned to have the correct quantity of cheese in the thawing process.

**Best if Used By**

Loaves of cheese blend stored at a constant 32°F in the original unopened packages are best if used within 9 months. Cheese blend slices stored at a constant 32°F in the original unopened packages are best if used within 7

## NSLP Fact Sheets

**Name: CHEESE, BLEND OF AMERICAN & SKIM MILK**

months. Opened packages re-wrapped tightly and stored between 30°F and 40°F are best if used within 3-4 weeks. Opened frozen packages should be re-wrapped tightly, and stored at 0°F or below, are best if used within 6-8 weeks.

### Preparation:

Pasteurized process cheese is milder in flavor and softer in body than the natural cheese from which it was made and has good slicing and melting properties. Loaves of cheese can be easily sliced with a clean meat slicer or wire cutter. Process cheese is marginal for shredding, and is not recommended for grinding or grating. Cheese shreds more easily immediately after being removed from refrigeration. Previously frozen process cheese is best used crumbled or shredded. Cook dishes containing cheese at low temperatures since cheese toughens and gets stringy at high temperatures.

### Cooking:

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A 2-ounce serving of a Blend of American Cheeses and Skim Milk Cheeses provides:

Nutrition Facts	
Calories	140
Protein	14 g
Carbohydrate	4 g
Fat	8.0 g
Saturated Fat	6.0 g
Cholesterol	30 mg
Iron	0.0 mg
Calcium	400 mg
Sodium	820 mg
Dietary Fiber	0 g
Vitamin A	300 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHEESE, CHEDDAR

**Category:** Meats and meat alternates.

**Date:** 11/30/98

**Description:**

Cheddar cheese is a firm-textured, semi-hard, white or yellow cheese made from cow's milk. It is a natural cheese, which means that it is prepared and allowed to age or "ripen" to develop the flavor. The flavor can be mild, medium or sharp, depending on the amount of time it is allowed to age. The longer cheddar is aged, the more crumbly it becomes and the better it is for cooking because it does not become stringy when heated. It may be shredded.

**Pack Size:**

1/40-pound block; 4/10-pound loaves; 8/5-pound loaves; 8/5-pound pouches; or 6/5-pound pouches, shredded.

**Yield:**

One pound of cheese yields 16 1-ounce servings.

**Uses:**

Serve cheddar cheese as is with fruit, in sandwiches and as a garnish for salads or other foods; or use in cooked dishes such as sauces, combination dishes or breads.

**Storage:**

Refrigerate cheese in the original container until ready to use, at a temperature between 30°F and 40°F. Store cheese out of the airflow in the cooler so it doesn't pick up off-flavor air spores common in all coolers. If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. It will keep better if re-wrapped with new plastic wrap after each time it is opened. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed container, if possible.

Cheddar cheese can be frozen. If necessary to freeze, cut the cheese into individual loaves in order to freeze quickly. There will be changes in body and texture due to moisture crystallization during freezing. For this reason, previously frozen cheese is best used crumbled or shredded.

Thaw frozen cheese in the refrigerator for 72 hours at 35°F in its original wrapper so it won't lose moisture. The slower the cheese is thawed, the better. Daily usage should be planned to have the correct quantity of cheese in the thawing process.

**Best if Used By**

## NSLP Fact Sheets

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**Name: CHEESE, CHEDDAR**

Cheddar cheese packaged in blocks or loaves is best if used within 1 year from date of pack when stored at a constant 32°F in its original unopened package. Opened packages re-wrapped tightly and stored between 30°F and 40°F are best if used within 3-4 weeks. Frozen packages, opened and re-wrapped tightly and stored at 0°F or below, are best if used within 6-8 weeks.

Shredded cheddar is best if used within 6 months from date of pack when stored at a constant 32°F in its original unopened package. Once open, it should be used as soon as possible before mold develops.

### **Preparation:**

To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70°F to 80°F is ready to cut. To lessen crumbling, cut 40-pound blocks into smaller blocks with a wire cutter instead of a knife. Previously frozen cheese should only be shredded or crumbled. Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.

### **Cooking:**

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## NSLP Fact Sheets

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**Name:**    **CHEESE, CHEDDAR**

One ounce of cheddar cheese provides:

Nutrition Facts	
Calories	114
Protein	7 g
Carbohydrate	0 g
Fat	9.4 g
Saturated Fat	6.0 g
Cholesterol	30 mg
Iron	0.2 mg
Calcium	204 mg
Sodium	176 mg
Dietary Fiber	0 g
Vitamin A	85 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHEESE, CHEDDAR, REDUCED FAT - LOAVES

**Category:** Meats and meat alternates.

**Date:** 11/30/98

**Description:**

Reduced fat cheddar cheese is a firm-textured, semi-hard, white or yellow cheese made from cow's milk. Reduced fat cheddar cheese should contain between 1/4 to 1/3 less fat than traditional cheddar cheese, and it may be shredded.

**Pack Size:**

1/40 pound block; 8/5 pound loaves.

**Yield:**

One pound of reduced fat cheddar cheese yields 16 1-ounce servings.

**Uses:**

Serve reduced fat cheddar cheese as is with fruit, in sandwiches, as a garnish for salads or other foods; or use in cooked dishes such as sauces, combination dishes or breads.

**Storage:**

Refrigerate cheese in the original container until ready to use, at a temperature between 30°F and 40°F. Store cheese out of the airflow in the cooler so it doesn't pick up off-flavor air spores common in all coolers. If the original wrap is removed, re-wrap cheese tightly with plastic film wrap without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. It will keep better if re-wrapped with new plastic wrap after each time opened. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed container, if possible.

Cheddar cheeses can be frozen. If necessary to freeze, cut the cheese into individual loaves in order to freeze quickly. There will be changes in body and texture due to moisture crystallization during freezing. For this reason, previously frozen cheese is best used crumbled or shredded.

Thaw frozen cheese in the refrigerator for 72 hours at 35°F in its original wrapper so it won't lose moisture. The slower the cheese is thawed, the better. Daily usage should be planned to have the correct quantity of cheese in the thawing process.

**Best if Used By**

Reduced fat cheddar cheese loaves are best if used within 5 months from date of pack when stored at a constant 32°F in the original unopened package. Opened packages re-wrapped tightly and stored between 30°F and 40°F are

## NSLP Fact Sheets

**Name: CHEESE, CHEDDAR, REDUCED FAT - LOAVES**

best if used within 3-4 weeks. Frozen packages, opened and re-wrapped tightly and stored at 0°F or below, are best if used within 6-8 weeks.

### Preparation:

To cut cheese, let it warm to room temperature for at least 24 to 36 hours, depending on the size of the block. Permit air to circulate around all sides of each box. Cheese at 70°F to 80°F is ready to cut. To lessen crumbling, cut 40-pound blocks into smaller blocks with a wire cutter instead of a knife.

Previously frozen cheese should only be shredded or crumbled. Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.

### Cooking:

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A one ounce serving of reduced fat cheddar cheese provides:

Nutrition Facts	
Calories	80
Protein	7 g
Carbohydrate	0 g
Fat	5.2 g
Saturated Fat	2.9 g
Cholesterol	15 mg
Iron	0.04 mg
Calcium	257 mg
Sodium	206 mg
Dietary Fiber	0 g
Vitamin A	204 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHEESE, CHEDDAR, REDUCED FAT - SHREDDED

**Category:** Meats and meat alternates.

**Date:** 02/24/00

**Description:**

Reduced fat cheddar cheese is a firm-textured, semi-hard, white or yellow cheese made from cow's milk. Reduced fat cheddar cheese should contain between 1/4 to 1/3 less fat than traditional cheddar cheese, and it may be shredded.

**Pack Size:**

8/5-pound pouches; 6/5 pound pouches.

**Yield:**

One pound of shredded reduced fat cheddar cheese yields 16 1-ounce servings.

**Uses:**

Serve reduced fat cheddar cheese as a garnish for salads or other foods; or use in cooked dishes such as sauces, combination dishes or breads.

**Storage:**

Refrigerate cheese in the original container until ready to use, at a temperature between 30°F and 40° F. Store cheese out of the airflow in the cooler so it doesn't pick up off-flavor air spores common in all coolers.

If the original wrap is removed, re-wrap cheese tightly with plastic film without air pockets. Once cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. It will keep better if re-wrapped with new plastic wrap after each time it is opened. To be extra cautious, double-wrap the cheese or place it back in its original container or a sealed container, if possible.

Cheddar cheese can be frozen. There will be changes in body and texture due to moisture crystallization during freezing.

Thaw frozen cheese in the refrigerator to reduce moisture loss for 72 hours at 35°F in its original wrapper. The slower the cheese is thawed, the better. Daily usage should be planned to have the correct quantity of cheese in the thawing process.

**Best if Used By**

Shredded reduced fat cheddar is best if used within 5 months from date of pack when stored at a constant 32°F in its original unopened package. Once opened, it should be used as soon as possible before mold develops.

## NSLP Fact Sheets

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**Name:**    **CHEESE, CHEDDAR, REDUCED FAT - SHREDDED**

### Preparation:

Previously frozen cheese should only be shredded or crumbled. Cook all dishes containing cheese at low temperatures since cheese toughens and becomes rubbery and stringy at high temperatures. When used for garnish or flavor, add cheese just before food is removed from the heat.

### Cooking:

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A 1-ounce serving of reduced fat cheddar cheese provides:

Nutrition Facts	
Calories	80
Protein	7 g
Carbohydrate	0 g
Fat	5.2 g
Saturated Fat	2.9 g
Cholesterol	15 mg
Iron	0.04 mg
Calcium	257 mg
Sodium	206 mg
Dietary Fiber	0 g
Vitamin A	204 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHEESE, MOZZARELLA

**Category:** Meats and meat alternates.

**Date:** 10/13/00

**Description:**

Low moisture, part skim mozzarella cheese is made from cows' milk and other ingredients such as enzymes and salt. It contains less than 45% milkfat. Mozzarella has a mild, milky taste and is more of a cooking cheese due to its good binding properties, moist texture, and ability to melt. Mozzarella cheese is an excellent source of calcium and contributor of protein, Vitamin A, and phosphorus to the diet.

**Pack Size:**

3/20-pound loaves (processors only); 8/6-pound loaves; 30-pound box, shredded.

**Yield:**

One pound of cheese yields 16 1-ounce servings.

**Uses:**

Mozzarella cheese may be eaten as is with fruit, in sandwiches or in cooked dishes such as lasagna and pizza. It may be used as a garnish for salads or other foods.

**Storage:**

Refrigerate cheese in the original container for up to 5 months until ready to use. Because of mold considerations, freezing is recommended. Store frozen mozzarella in the original container at 20°F or lower until needed. Fresh unfrozen mozzarella should be used immediately upon arrival. If the original wrap is removed, re-wrap cheese tightly with plastic film without air pockets. Once mozzarella cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Store the cheese out of the airflow in the cooler so it doesn't pick up any off-flavor air spores that are common in all coolers. The cheese will keep better if it is re-wrapped with new plastic wrap each time opened for serving. If you are going to keep the cheese more than a week after opening, double-wrap it. To be extra-cautious, place the wrapped cheese back in its original container or some type of sealed container, if possible. Mozzarella can be received frozen or unfrozen. If necessary to freeze, cut the cheese into individual loaves in order to freeze quickly. There will be changes in body and texture due to the moisture crystallization during freezing. For this reason, thawed mozzarella is best used crumbled or shredded. Thaw frozen mozzarella in the refrigerator in its original wrapper so it won't lose moisture. Thaw only under refrigeration for 72 hours at 35°F (best) to 45°F (maximum). The slower the cheese is thawed, the better. Plan your daily usage to have the correct quantity of cheese in the thawing process. Keep 2-3 days' usage thawed so you will not have to use frozen product. Always tightly re-wrap any unused portions of thawed cheese to prevent air pockets and dryness, and return the cheese to its original

## NSLP Fact Sheets

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**Name:** **CHEESE, MOZZARELLA**

box or some type of sealed container.

### **Best if Used By**

This product is best if used within 1 year from date of pack when frozen at 20°F or lower in its original unopened package. Thawed mozzarella is best if used within 7-10 days when kept at 35°F. Fresh unfrozen mozzarella should be used immediately upon arrival.

### **Preparation:**

Loaves of cheese can be easily sliced with a meat slicer or wire cutter. Cheese shreds more easily immediately after being removed from refrigeration. Dishes containing cheese should be heated at low temperatures since cheese toughens and gets stringy at high temperatures. Check the cheese during use (i.e., at the beginning of the pizza-making process) and if it feels very wet, the product is not completely thawed and must be put back under refrigeration and allowed to complete the thawing process. Use a rotation system (first thawed-first used) to ensure that the cheese stays fresh.

### **Cooking:**

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## NSLP Fact Sheets

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**Name:**   **CHEESE, MOZZARELLA**

A 1-ounce serving of mozzarella cheese, low-moisture and part-skim, provides:

Nutrition Facts	
Calories	79
Protein	7 g
Carbohydrate	0 g
Fat	4.8 g
Saturated Fat	3.0 g
Cholesterol	15 mg
Iron	0.0 mg
Calcium	207 mg
Sodium	149 mg
Dietary Fiber	0 g
Vitamin A	50 RE
Vitamin C	0 mg



## NSLP Fact Sheets

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**Name:** CHEESE, MOZZARELLA, LITE

**Category:** Meats and meat alternates.

**Date:** 10/13/00

**Description:**

Lite mozzarella cheese is made from cows' milk and other ingredients such as enzymes and salt. It contains less fat than regular mozzarella cheese, with a maximum of 10.8% milkfat. Lite mozzarella cheese is an excellent source of calcium and contributor of protein, Vitamin A, and phosphorus to the diet. The cheese should exhibit a smooth pliable body and shredded cheese should be free flowing, not matted or with excessive fines.

**Pack Size:**

8/6-pound loaves; 30-pound box, shredded.

**Yield:**

One pound of lite mozzarella cheese yields 16 1-ounce servings.

**Uses:**

Lite mozzarella cheese may be eaten as is with fruit, in sandwiches or in cooked dishes such as lasagna and pizza. It may also be used as a garnish for salads or other foods.

**Storage:**

Refrigerate cheese in the original container for up to 5 months until ready to use. Because of mold considerations, freezing is recommended. Store frozen mozzarella in the original container at 20°F or lower until needed. If the original wrap is removed, re-wrap cheese tightly with plastic film without air pockets. Once mozzarella cheese is exposed to air, mold and dehydration may occur. To protect cheese from mold, always work with it in a clean area. Store the cheese out of the airflow in the cooler so it doesn't pick up any off-flavor air spores that are common in all coolers. The cheese will keep better if it is re-wrapped with new plastic wrap each time opened. If the cheese will be kept more than a week after opening, double-wrap it. To be extra-cautious, place the wrapped cheese back in its original container or some type of sealed container, if possible.

Thaw frozen lite mozzarella in the refrigerator in its original wrapper so it won't lose moisture. Thaw only under refrigeration for 72 hours at 35°F (best) to 45°F (maximum). The slower the cheese is thawed, the better. Plan your daily usage to have the correct quantity of cheese in the thawing process. Keep 2-3 days' usage thawed so you will not have to use frozen product. Always tightly re-wrap any unused portions of thawed cheese to prevent air pockets and dryness, and return the cheese to its original box or some type of sealed container.

## NSLP Fact Sheets

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**Name:** CHEESE, MOZZARELLA, LITE

### Best if Used By

Lite mozzarella cheese is best if used within 5 months when stored at 20°F or lower in its original package. Thawed lite mozzarella cheese is best if used within 7-10 days when kept at 35°F.

### Preparation:

To achieve the best results in melting this product as a topping, it must first be completely thawed. It is recommended that thawed cheese be heated for 10 minutes at a temperature of 450°F in a preheated oven. Heating the product at a higher temperature and/or for a longer period of time may cause the cheese to scorch and brown excessively. If using this product for pizza, it is also beneficial to place any additional toppings over the pizza, rather than placing cheese over the toppings. Check the cheese during use (i.e., at the beginning of the pizza-making process) and if it feels very wet, the product is not completely thawed and must be put back under refrigeration and allowed to complete the thawing process. Use a rotation system (first thawed-first used) to ensure that the cheese stays fresh.

### Cooking:

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## NSLP Fact Sheets

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**Name:**   **CHEESE, MOZZARELLA, LITE**

A 1-ounce serving of lite mozzarella cheese provides:

Nutrition Facts	
Calories	59
Protein	8 g
Carbohydrate	1 g
Fat	2.5 g
Saturated Fat	2.4 g
Cholesterol	9 mg
Iron	0.1 mg
Calcium	211 mg
Sodium	192 mg
Dietary Fiber	1 g
Vitamin A	24 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHERRIES, CANNED & FROZEN

**Category:** Fruits and vegetables.

**Date:** 03/20/01

**Description:**

1. Canned (water pack);
2. Individually Quick Frozen (IQF) cherries contain no added sugar;
3. frozen (with sugar) red, tart, pitted cherries; U.S. Grade B.

**Pack Size:**

6/#10 cans or 30-pound container (25 pounds pitted cherries; 5 pounds dry sugar in cap on top of fruit), or 40-pound IQF carton.

**Yield:**

One pound of thawed cherries yields 7 1/4-cup servings of fruit and juice. One pound of cooked cherries yields 5.9 1/4-cup portions of fruit and juice.

**Uses:**

Serve thawed cherries in fruit cups or salads, as a topping for pudding, ice cream, custard or cake, or use in recipes for jellied salads, desserts, pies, puddings, cobblers or quick breads. If frozen cherries are substituted in a recipe for canned, unsweetened cherries, adjust the recipe for sugar.

**Storage:**

Store unopened frozen cherries at 0°F or below, off the floor and away from walls to allow circulation of cold air. Stack cartons tightly together to prevent temperature fluctuation. Temperature changes shorten shelf life and speed deterioration. Use within 24 months of the pack date.

Store opened thawed cherries covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows maximum storage periods for the canned cherries at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	36 months	---
70° F	18 months	---
90° F	9 months	---

**Preparation:**

## NSLP Fact Sheets

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**Name:**    **CHERRIES, CANNED & FROZEN**

The sugar (5 pounds per can) is packed as a cap on top of the fruit (25 pounds per can). Before use, thoroughly mix the fruit and sugar to assure that the cherries are uniformly sweetened.

Thaw in the original container in the refrigerator between 36 and 45°F.

Allow 2 to 3 days to thaw (approximately 2 hours per pound).

### **Cooking:**

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## NSLP Fact Sheets

**Name: CHERRIES, CANNED & FROZEN**

A 1/4-cup serving of SWEETENED (5:1) frozen, red, tart, pitted cherries provides:

Nutrition Facts	
Calories	57
Protein	0 g
Carbohydrate	14 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	7 mg
Sodium	0 mg
Dietary Fiber	1 g
Vitamin A	12 RE
Vitamin C	0 mg

A 1/4-cup serving of UNSWEETENED, IQF, frozen, red, tart, pitted cherries provides:

Nutrition Facts	
Calories	17
Protein	0 g
Carbohydrate	4 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	5 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	33 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:**    **CHERRIES, CANNED & FROZEN**

A 1/4-cup serving of WATER PACKED red, tart, pitted cherries provides:

Nutrition Facts	
Calories	21
Protein	0 g
Carbohydrate	5 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.8 mg
Calcium	6 mg
Sodium	4 mg
Dietary Fiber	0 g
Vitamin A	45 RE
Vitamin C	1 mg

## NSLP Fact Sheets

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**Name:** CHERRIES, RED TART, DRIED

**Category:** Fruits and vegetables.

**Date:** 07/14/00

**Description:**

Dried red tart cherries are prepared from stemmed, pitted wholesome U.S. Grade B or better red tart cherries. The cherries may have sugar or other sweeteners added prior to drying. No additives or preservatives are added.

**Pack Size:**

4-pound poly bag carton.

**Yield:**

One pound of dried cherries yields approximately 13 1/4-cup servings of dry fruit.

**Uses:**

Dried cherries are ready to eat or may be added to sandwich fillings, rice dishes, stuffings, salads, hot or cold cereals, puddings, and baked items. They may be combined with nuts or granola and other cereals to make a trail mix. Dried cherries are a good addition to salad bars.

**Storage:**

Store the dried cherries in a cool, dry place off the floor. To maintain freshness once the case has been opened, fold down the poly bag and turn upside down. The weight of the cherries will keep the poly bag tightly sealed.

**Best if Used By**

Dried red tart cherries are best if used within 12 months from date of delivery.

**Preparation:**

Dried cherries keep cakes, muffins, and cookies moist. For easier chopping, use an oiled knife or blade.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **CHERRIES, RED TART, DRIED**

A 1/4-cup (35g) serving of dried cherries provides:

Nutrition Facts	
Calories	119
Protein	1 g
Carbohydrate	28 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	16 mg
Sodium	1 mg
Dietary Fiber	1 g
Vitamin A	417 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHICKEN FAJITA STRIPS, FROZEN, DARK MEAT,

**Category:** Meats and meat alternates.

**Date:** 01/09/01

**Description:**

IQF dark chicken fajita strips, approximately 1/2 inch wide, produced from marinated ready-to-cook boneless, skinless, drumsticks, thighs and/or legs. Grill marks appear on the strips.

**Pack Size:**

6/5# or 3/10# plastic film bag per 30 pound container.

**Yield:**

A 2¼-ounce serving of chicken fajita strips provides 2 ounces of cooked, lean meat. Each case will provide approximately 213 servings.

**Uses:**

Chicken fajita strips can be served in tortillas, taco shells or pita bread. Top with refried beans, onions or peppers. Fajita strips can be offered on a salad bar or served over Spanish rice.

**Storage:**

Keep frozen at 0°F or below. Store the unopened bags in the freezer in the original shipping container, off the floor.

**Best if Used By**

Chicken fajita strips are best if used within 6 months.

**Preparation:**

Place frozen chicken fajita strips in a single layer on sheet pans. Heat to an internal temperature of 160°F. Times and temperatures are critical to product quality. In a deck oven at 350°F, heat 25 to 30 minutes and in a convection oven at 400°F, heat 15 to 20 minutes.

**Cooking:**

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## NSLP Fact Sheets

**Name:** CHICKEN FAJITA STRIPS, FROZEN, DARK MEAT,

A 2¼-ounce serving of chicken fajita meat provides 2 ounces of cooked lean meat.

Nutrition Facts	
Calories	105
Protein	15 g
Carbohydrate	0 g
Fat	5.2 g
Saturated Fat	1.5 g
Cholesterol	52 mg
Iron	0.2 mg
Calcium	0 mg
Sodium	406 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHICKEN MEAT, COOKED, DICED, FROZEN

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Chicken meat is cooked and ready to eat without reheating or further cooking. Breast and leg meat are cut into irregular shapes and diced into 1/2 inch square cuts, leaving pieces with random natural depth and shape. Pieces are individually quick-frozen (IQF) and packed into poly bags.

**Pack Size:**

One 40-pound box containing four 10-pound bags.

**Yield:**

One 40-pound box provides approximately 320 2-ounce servings of cooked chicken. One 10-pound bag provides approximately 80 2-ounce servings of cooked chicken.

**Uses:**

Use diced chicken meat on salads, in pocket sandwiches, mixed dishes or tossed with pasta.

**Storage:**

Store frozen bags of chicken meat off the floor at 0°F or below. Chicken can be poured from the bag as needed. Partially filled bags should be kept tightly closed.

**Best if Used By**

Frozen, cooked, diced chicken is best if used within 6 months.

**Preparation:**

FROZEN CHICKEN MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

TO THAW:

Keep diced chicken in the poly bag or pour into a clean covered container. Thaw in the refrigerator at 36 to 45°F for 24 hours. Keep thawed chicken in the refrigerator until needed. Use within 2 days after thawing. Do not refreeze thawed chicken.

**Cooking:**

## NSLP Fact Sheets

**Name:** CHICKEN MEAT, COOKED, DICED, FROZEN

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A 1-ounce serving of diced chicken meat, cooked, provides:

Nutrition Facts	
Calories	50
Protein	7 g
Carbohydrate	0 g
Fat	1.9 g
Saturated Fat	0.5 g
Cholesterol	24 mg
Iron	0.3 mg
Calcium	4 mg
Sodium	20 mg
Dietary Fiber	0 g
Vitamin A	4 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHICKEN NUGGETS, BATTER BREADED, COOKED,

**Category:** Meats and meat alternates.

**Date:** 07/27/00

**Description:**

Breaded nugget-shaped patties made with ground chicken.

**Pack Size:**

30# box

**Yield:**

Each box contains 625 nuggets.

**Uses:**

Chicken nuggets can be served as a main entree with accompanying dipping sauce - sweet and sour, honey-mustard, barbecue, sesame seed and soy, honey and orange or plain honey.

**Storage:**

Keep frozen at 0°F or below.

**Best if Used By**

This product is best if stored 1-3 months at 0°F or below.

**Preparation:**

DO NOT THAW. If product is accidentally thawed, heat and serve. DO NOT REFREEZE.

**Cooking:**

Place frozen chicken nuggets in a single layer on a sheet pan. Heat in a deck oven at 400°F for 18-20 minutes or in a convection oven at 375°F for 6-8 minutes. Using a thermometer to test the temperature, heat chicken nuggets thoroughly to an internal temperature of 155°F. Serve promptly.

Serve refrigerated leftovers within 2 days.

## NSLP Fact Sheets

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**Name:** CHICKEN NUGGETS, BATTER BREADED, COOKED,

A serving of 5 chicken nuggets provides 2 ounces of cooked chicken and 1 serving of bread alternate.

Nutrition Facts	
Calories	250
Protein	17 g
Carbohydrate	15 g
Fat	13.7 g
Saturated Fat	2.0 g
Cholesterol	56 mg
Iron	1.3 mg
Calcium	0 mg
Sodium	375 mg
Dietary Fiber	1 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHICKEN PARTS, COOKED, BATTER BREADED,

**Category:** Meats and meat alternates.

**Date:** 08/18/97

**Description:**

Cooked, batter/breaded, frozen parts from chickens weighing 2-1/2 to 3-1/4 pounds without necks and giblets (9-piece cut). Batter/breading (not to exceed 22%) consists of enriched flour, salt, spices, and other seasonings.

**Pack Size:**

30-pound case (83 to 108 pieces per case depending upon the size of the chickens used).

**Yield:**

One 30-pound box provides between 65 and 84 servings of at least 2 ounces of cooked chicken. A serving consists of 1 breast portion with back (1-1/2 servings of bread alternate), or 1 breast portion without back (1 serving of bread alternate), or 1 thigh with back (2 servings of bread alternates), or 1 drumstick and 1 wing (1-3/4 servings of grains/breads).

**Uses:**

Chicken parts are ready to heat and serve.

**Storage:**

Store chicken parts hard-frozen in original shipping containers off the floor at 0°F or below.

Refrigerate cooked (heated) chicken pieces and use within 2 days.

**Best if Used By**

Frozen batter breaded chicken parts are best if used within 4 months.

**Preparation:**

FROZEN CHICKEN PARTS MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

Chicken should not be thawed before heating. If parts accidentally thaw before heating, heat promptly. Do not refreeze.

TO HEAT:

Place frozen chicken parts in a single layer on sheet pans. Heat thoroughly in a



## NSLP Fact Sheets

**Name:** CHICKEN PARTS, COOKED, BATTER BREADED,

preheated oven, approximately 1 hour in a 450°F deck oven or approximately 35 minutes in a 350°F convection oven, or until crisp and golden and an internal temperature of 165°F is reached. Drumsticks and wings may be heated in separate pans since they require less time to heat.

### Cooking:

TO HEAT:

Place frozen chicken parts in a single layer on sheet pans. Heat thoroughly in a preheated deck oven at 450°F for approximately 1 hour or approximately 35 minutes in a 350°F convection oven, or until crisp and golden and an internal temperature of 165°F is reached. Drumsticks and wings may be heated in separate pans since they require less time to heat.

A serving of one batter/breaded breast portion without back (about 3.7 ounces edible portion), cooked, provides:

Nutrition Facts	
Calories	303
Protein	24 g
Carbohydrate	10 g
Fat	18.0 g
Saturated Fat	4.8 g
Cholesterol	91 mg
Iron	1.4 mg
Calcium	22 mg
Sodium	306 mg
Dietary Fiber	0 g
Vitamin A	29 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHICKEN PATTIES, BATTER BREADED, COOKED,

**Category:** Meats and meat alternates.

**Date:** 04/11/00

**Description:**

Breaded ground and formed patties, approximately round in shape, made from 51% white meat, 42% dark meat, 3-1/2% skin, water, salt and sodium phosphate (for emulsification of the skin). The batter/breading ingredients are enriched wheat flour, corn flour, or whole wheat flour, or a combination of 2-3 of these flours. Seasoning is mild, with no added artificial colors, monosodium glutamate (MSG), or hydrolyzed vegetable proteins. Sodium phosphate may be used as a leavening agent. The amount of batter/breading will not exceed 25% of the uncooked product. Finally, the product has been precooked to an internal temperature of 160°F.

**Pack Size:**

30# case

**Yield:**

Each case provides 120 patties.

**Uses:**

Chicken patties can be sandwich style on a bun, Kaiser or onion roll, Texas toast or English Muffin. Toppings can be lettuce, tomato, onion, cheese, taco sauce, cranberry relish, or sweet and sour sauce. It also makes a great main entree as chicken parmesan with spaghetti or with mushroom and onion gravy over mashed potatoes.

**Storage:**

Keep frozen at 0°F or below.

**Best if Used By**

This product is best if stored 1-3 months at 0°F or below.

**Preparation:**

DO NOT THAW. If product is accidentally thawed, heat and serve. DO NOT REFREEZE.

**Cooking:**

Place frozen chicken patties in a single layer on sheet pans. Heat in a 350°F oven for 15-20 minutes to an internal temperature of 160°F. In a convection oven, heat at 325°F for 11-16 minutes. Serve promptly.

## NSLP Fact Sheets

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**Name:** CHICKEN PATTIES, BATTER BREADED, COOKED,

Serve refrigerated leftovers within 2 days.

A serving of one chicken patty provides 2 ounces of cooked chicken and 1 serving of bread alternate.

Nutrition Facts	
Calories	270
Protein	17 g
Carbohydrate	17 g
Fat	14.0 g
Saturated Fat	3.0 g
Cholesterol	60 mg
Iron	1.0 mg
Calcium	20 mg
Sodium	420 mg
Dietary Fiber	1 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHICKEN PATTIES, GRILLED, FROZEN

**Category:** Meats and meat alternates.

**Date:** 01/23/01

**Description:**

Frozen fully cooked, grilled chicken patties produced from boneless, skinless thighs (only) and skin or boneless, skinless thighs and drumsticks and skin. Grill marks appear on one side of each cooked patty.

**Pack Size:**

6/5 pound or 10/3 pound plastic film bags per 30 pound carton.

**Yield:**

Each grilled chicken patty provides 2 ounces of cooked, lean meat. A 30 pound case contains a minimum of 175 patties.

**Uses:**

Grilled chicken patties are excellent in sandwich buns or as a center-of-the plate entree with mashed potatoes and gravy.

**Storage:**

Frozen grilled chicken patties should be kept frozen at 0°F or below.

**Best if Used By**

Frozen grilled chicken patties are best if used within 9 months.

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Frozen, grilled chicken patties should not be thawed before heating. If accidentally thawed, heat immediately and serve. DO NOT REFREEZE.

**Cooking:**

Place frozen grilled chicken patties, grilled side up, in a single layer on sheet pans. Heat thoroughly to an internal temperature of 160°F. Bake in a deck or convection oven for 11 to 15 minutes at 375°F or in a conventional oven for 17 to 25 minutes at 425°F. Do not overheat as overcooking decreases product acceptability. Serve promptly. Refrigerate leftovers and use within 2 days.

## NSLP Fact Sheets

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**Name:** CHICKEN PATTIES, GRILLED, FROZEN

A 2-ounce serving (56.7g) of cooked chicken (1 grilled chicken patty) provides:

Nutrition Facts	
Calories	130
Protein	16 g
Carbohydrate	1 g
Fat	7.0 g
Saturated Fat	2.0 g
Cholesterol	55 mg
Iron	1.0 mg
Calcium	20 mg
Sodium	270 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHICKEN, BONED, CANNED

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Not less than 89% chicken; not more than 10% chicken broth; no salt added.  
The average fat content is 9.5%.

**Pack Size:**

12/50-ounce cans.

**Yield:**

One 50-ounce can will provide 35.9 1-ounce servings of heated chicken.

**Uses:**

Canned chicken is fully cooked during processing and may be used in main dishes, such as chicken salad, barbecue chicken and creamed chicken or in chicken noodle soup.

**Storage:**

Store unopened cans off the floor in a cool, dry place. Store opened canned chicken covered, in a nonmetallic container, in the refrigerator and use within 5 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	60 months	---
70° F	36 months	---
90° F	18 months	---

**Preparation:**

Place canned chicken in refrigerator overnight. Chill only as many cans as will be needed for 1 day's use. Chilling meat in container will permit easier removal of fat from meat. Using a can opener, remove both the bottom and top lids of the can and push the chicken through with the bottom lid. The chicken is best cut across the grain and handled as little as possible to prevent it from becoming stringy. Use the natural juices from the chicken for part of the liquid in many main dish and soup recipes.

**Cooking:**

## NSLP Fact Sheets

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**Name:**    **CHICKEN, BONED, CANNED**

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A 1-ounce serving of heated canned chicken provides:

Nutrition Facts	
Calories	52
Protein	7 g
Carbohydrate	0 g
Fat	2.3 g
Saturated Fat	0.7 g
Cholesterol	14 mg
Iron	0.4 mg
Calcium	4 mg
Sodium	38 mg
Dietary Fiber	0 g
Vitamin A	9 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHICKEN, CUT-UP, FROZEN

**Category:** Meats and meat alternates.

**Date:** 07/27/00

**Description:**

Chicken parts from broilers or fryers cut into 8 pieces. Weight of chicken is 2-1/2 to 3-1/4 pounds without neck and giblets. Wings may be replaced with other parts.

**Pack Size:**

40-pound carton with parts packed in three layers or bags.

**Yield:**

One 40-pound box provides: eight pieces cut between 73 and 96 servings (98 to 128 pieces, depending on size of chickens used) of at least 2 ounces of cooked chicken.

A serving of at least 2 ounces of cooked chicken consists of 1 breast half with back or 1 thigh with back or 1 drumstick and 1 wing.

**Uses:**

Chicken may be baked or oven-fried, broiled, barbecued or simmered.

**Storage:**

Store chicken hard-frozen in original shipping container off the floor at 0°F or below.

**Best if Used By**

Frozen cut-up chicken is best if used within 8 months.

**Preparation:**

FROZEN CUT-UP CHICKEN MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING. (1) Thaw only the amount needed for 1 day's use. (2) Thaw in refrigerator (35 to 40°F) overnight on sheet pans. (3) If accidentally thawed, cook promptly. (4) Do not thaw at room temperature or in water. DO NOT REFREEZE. (5) After thawing, wash thoroughly in cold water. Drain.

**Cooking:**

Using a thermometer to test the temperature, cook chicken promptly to an internal temperature of 165°F or refrigerate and cook chicken within 24 hours after thawing. Do not partially cook one day and finish cooking the next. Serve



## NSLP Fact Sheets

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**Name:**    **CHICKEN, CUT-UP, FROZEN**

promptly. Refrigerate any leftovers and use within 2 days. Sort pieces and cook similar sizes together. Chicken is done when juices from thickest parts are clear with no pink color.

A 1-ounce serving of chicken flesh and skin, roasted without added salt, provides:

Nutrition Facts	
Calories	68
Protein	7 g
Carbohydrate	0 g
Fat	3.9 g
Saturated Fat	1.1 g
Cholesterol	25 mg
Iron	0.4 mg
Calcium	4 mg
Sodium	23 mg
Dietary Fiber	0 g
Vitamin A	13 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CHICKEN, THIGHS AND DRUMSTICKS, FROZEN

**Category:** Meats and meat alternates.

**Date:** 07/27/00

**Description:**

U.S. Grade A uncooked chicken thighs and drumsticks from young broiler/fryer chickens.

**Pack Size:**

40-pound carton containing approximately 82 thighs and 82 drumsticks.

**Yield:**

Thighs weigh between 3.0 and 5.8 ounces; average is about 4.0 ounces. One 4.0 ounce thigh yields about 2.1 ounces of cooked poultry.

Drumsticks must weigh a minimum of 4.15 ounces each to yield 2 ounces of cooked poultry.

**Uses:**

Chicken may be baked or oven-fried, broiled, barbecued or simmered.

**Storage:**

Store chicken hard-frozen in original shipping containers off the floor at 0°F or below.

**Best if Used By**

Frozen chicken thighs and drumsticks are best if used within 8 months.

**Preparation:**

FROZEN CUT-UP UP CHICKEN MUST BE PROPERLY HANDLED TO AVOID SPOILAGE OR SERIOUS FOOD POISONING. (1) Thaw only the amount needed for 1 day's use. (2) Thaw in refrigerator (35 to 40°F) overnight on sheet pans. (3) If accidentally thawed, cook promptly. (4) Do not thaw at room temperature or in water. DO NOT REFREEZE. (5) After thawing, wash thoroughly in cold water. Drain.

**Cooking:**

Using a thermometer to test the temperature, cook chicken promptly to an internal temperature of 165°F or refrigerate and cook within 24 hours after thawing. Do not partially cook one day and finish cooking the next. Serve promptly. Refrigerate any leftovers and use within 2 days. Sort pieces and cook similar sizes together. Chicken is done when juices from thickest parts are clear with no

## NSLP Fact Sheets

**Name:** CHICKEN, THIGHS AND DRUMSTICKS, FROZEN

pink color.

A 2-ounce serving of chicken thigh with skin, roasted with no added salt provides:

Nutrition Facts	
Calories	140
Protein	14 g
Carbohydrate	0 g
Fat	8.8 g
Saturated Fat	2.4 g
Cholesterol	52 mg
Iron	0.8 mg
Calcium	6 mg
Sodium	48 mg
Dietary Fiber	0 g
Vitamin A	26 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CORN ON THE COB, FROZEN

**Category:** Fruits and vegetables.

**Date:** 03/28/00

**Description:**

Golden (or yellow) short (over 3-1/2"), trimmed, grade A (or U.S. Fancy) frozen corn on the cob.

**Pack Size:**

96 ears per 30 pound case.

**Yield:**

One cob will provide 1/2 cup vegetable.

**Uses:**

Serve as a vegetable - steam or boil.

**Storage:**

Frozen corn on the cob can successfully be stored at 0°F for up to 8 months.

**Best if Used By**

If product is thawed, cook and serve within 3-4 days.

**Preparation:**

Cook from the frozen state. DO NOT THAW.

**Cooking:**

Place frozen corn in enough water to cover. Bring to a boil. Reduce heat and simmer 4-5 minutes. Drain and serve immediately. If holding on a steam table for serving, immerse in hot milk or spray with oil to prevent wrinkling and drying of kernels.

## NSLP Fact Sheets

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**Name:**    **CORN ON THE COB, FROZEN**

A 1/2-cup serving (1 corn on the cob) provides:

Nutrition Facts	
Calories	65
Protein	2 g
Carbohydrate	16 g
Fat	0.3 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	3 mg
Sodium	4 mg
Dietary Fiber	1 g
Vitamin A	18 RE
Vitamin C	2 mg

## NSLP Fact Sheets

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**Name:** CORN ON THE COB, YELLOW, FRESH, HUSKED

**Category:** Fruits and vegetables.

**Date:** 03/28/00

**Description:**

Fresh sweet U.S. No. 1 corn, husked. Husked means that on the full length of the cob the equivalent of at least three rows of kernels are exposed up to the entire cob. Corn is cut to 4" in length with both ends trimmed neatly.

**Pack Size:**

The corn is top ice packed, 48 count per 24 pound shipping container.

**Yield:**

One medium ear of fresh corn husked, provides approximately 1/2 cup cooked vegetable.

**Uses:**

On-the-cob is America's favorite way to eat fresh corn. Steam or boil fresh corn and season according to local preference.

**Storage:**

Store fresh corn as short a time as possible. Keep at 32°F (0°C), at a relative humidity between 85-90%. Sweet corn deteriorates rapidly at room temperature. Fresh corn may be stored in the freezer for up to 9 months when stored at 0°F(-32°) or below. It must be cooked in boiling water for 5-7 minutes, drained and placed in a proper freezer storage container or bags prior to freezer storage. Highest freezing point is 30.9°F(-0.6° C).

Frozen corn is sensitive to temperature fluctuations within the freezing range. Thawing and refreezing is not as harmful to quality as in some other products.

**Best if Used By**

Fresh sweet corn is best if used within 4-8 days under optimal storage conditions.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **CORN ON THE COB, YELLOW, FRESH, HUSKED**

A serving of 1 cooked (boiled) drained corn-on-the-cob provides:

Nutrition Facts	
Calories	77
Protein	2 g
Carbohydrate	18 g
Fat	0.6 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	3 mg
Sodium	3 mg
Dietary Fiber	5 g
Vitamin A	3 RE
Vitamin C	3 mg

## NSLP Fact Sheets

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**Name:** CORN, COBBETTES, YELLOW, FROZEN

**Category:** Fruits and vegetables.

**Date:** 03/28/00

**Description:**

Frozen corn on the cob, golden or yellow, Grade A or U.S. Fancy, short (less than 3-1/2") trimmed.

**Pack Size:**

96 ears per 30 pound case.

**Yield:**

1 cobbette will provide 1/3 cup of vegetables.

**Uses:**

Serve as a vegetable, steamed or boiled.

**Storage:**

Corn cobbettes can be successfully stored at 0°F for up to 8 months.

**Best if Used By**

If product is thawed, cook and serve within 3-4 days.

**Preparation:**

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**Cooking:**

Place frozen cobbettes in enough water to cover. Bring to a boil. Reduce heat and simmer, 4-5 minutes. DO NOT OVERCOOK. Drain and serve immediately. If holding on a steam table for serving, immerse in hot milk or spray with oil to prevent wrinkling and drying of kernels.



## NSLP Fact Sheets

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**Name:** CORN, COBBETTES, YELLOW, FROZEN

A 1/4-cup (65g) serving (1 corn cobbette) provides:

Nutrition Facts	
Calories	80
Protein	3 g
Carbohydrate	18 g
Fat	1.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.0 mg
Calcium	0 mg
Sodium	10 mg
Dietary Fiber	1 g
Vitamin A	9 RE
Vitamin C	2 mg

## NSLP Fact Sheets

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**Name:** CORN, WHOLE KERNEL, FROZEN

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better corn, golden (or yellow), whole-kernel.

**Pack Size:**

30-pound carton.

**Yield:**

One pound of whole kernel corn will yield 11 1/4-cup servings of cooked vegetables.

**Uses:**

Serve whole-kernel corn cooked as a vegetable or use in a variety of mixed vegetable dishes, main entrees, soups or salads. Thaw corn for use in marinated vegetables or pasta salads.

**Storage:**

Store unopened frozen corn in freezer at 0°F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.

Store opened thawed corn covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

Frozen corn is best if used within 24 months.

**Preparation:**

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**Cooking:**

Stock pot or steam-jacketed kettle: Add frozen corn to boiling water. Optional: add 1 teaspoon salt or other seasoning to each 100 servings of vegetables. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.

Steamer: Place frozen corn in a single layer in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. Optional: sprinkle and stir 1 teaspoon of salt or other seasoning over each 100 servings of vegetables.

## NSLP Fact Sheets

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**Name:**    **CORN, WHOLE KERNEL, FROZEN**

Cook frozen corn only until tender but crisp. Corn will continue to cook when held on a hot steam table or in a holding cabinet. Corn will become overcooked if held too long; schedule cooking of frozen corn so it will be served soon after cooking. Corn, as with most frozen vegetables, can be cooked without thawing.

Combine corn with lima beans to make succotash. Corn adds color to any dish, such as meatloaf or mixed in casseroles with other green vegetables. Add corn to mixed vegetable and pasta salads. Season with onion, chopped pimento or marinate with salad dressing.

A 1/4-cup serving of drained, heated corn provides:

Nutrition Facts	
Calories	33
Protein	1 g
Carbohydrate	8 g
Fat	0.3 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.1 mg
Calcium	0 mg
Sodium	2 mg
Dietary Fiber	1 g
Vitamin A	10 RE
Vitamin C	1 mg

## NSLP Fact Sheets

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**Name:** CORN, WHOLE-KERNEL (LIQUID PACK), CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better whole-kernel corn, with water. Sugar and salt may be added.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (106 oz.) of heated whole-kernel corn will yield 46.4 1/4-cup servings of drained vegetable. Drained weight of one can is approximately 70 ounces (11-1/2 cups) of vegetable.

**Uses:**

Serve canned corn heated or use in soups, stews, chowders, stuffing, relishes, fritters and main dishes.

**Storage:**

Store unopened canned corn off the floor in a cool, dry place. Avoid freezing, sudden changes in temperature, and exposure to direct sunlight. Rotate use. Temperature changes shorten shelf life and speed deterioration of the corn.

Store opened canned corn covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows the maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	72 months	---
70°F	36 months	---
90°F	18 months	---

**Preparation:**

TO HEAT:

Drain off half the liquid from the canned corn. Pour corn and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving

## NSLP Fact Sheets

**Name:** CORN, WHOLE-KERNEL (LIQUID PACK), CANNED

temperature. Do not allow to boil.

OR

Pour corn and remaining liquid into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two #10 cans. Heat in steamer at 5 lbs. pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve. Canned vegetables should be heated only to serving temperature and served soon after heating. Canned corn will become overcooked when held too long in a hot steam table or holding cabinet.

Combine corn with lima beans to make succotash. Add flavor to canned corn with seasonings such as celery, onion or garlic powder, chili powder, chili sauce, paprika, nutmeg, marjoram, thyme, dried sage, instant onion or black pepper. Add variety to corn by mixing with one or more vegetables such as lima beans, tomatoes, green peppers or onions. Well-drained corn may be added to cornbread batter.

### Cooking:

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A 1/4-cup serving of drained, heated corn provides:

Nutrition Facts	
Calories	33
Protein	1 g
Carbohydrate	7 g
Fat	0.4 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	2 mg
Sodium	132 mg
Dietary Fiber	0 g
Vitamin A	6 RE
Vitamin C	3 mg

## NSLP Fact Sheets

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**Name:** CORNMEAL

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 08/18/97

**Description:**

Regular (whole, ground), yellow or white, bolted (nearly whole grain), or degermed cornmeal, enriched with thiamin, riboflavin, niacin and iron. May have vitamin D and calcium added.

**Pack Size:**

4/10# or 5/10#, or 50-pound bag.

**Yield:**

One pound of cooked cornmeal yields about 25.3 1/2-cup portions. One pound of dry cornmeal equals about 3 cups.

**Uses:**

Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, fritters or dumplings.

**Storage:**

Store cornmeal off the floor in a cool, dry, well-ventilated place; a relative humidity of 70% or less is recommended. High temperatures and humidity encourage mold and infestation and cause rapid deterioration.

Regular cornmeal has a higher fat content than degermed cornmeal and turns rancid sooner. Regular cornmeal should be refrigerated and used within 6 months.

**Best if Used By**

The following chart shows maximum storage periods for degermed cornmeal:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	6 months	---

**Preparation:**

Use as directed in recipes.

**Cooking:**

## NSLP Fact Sheets

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**Name:**   **CORNMEAL**

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A one-ounce (3 tablespoons) serving of dry enriched, degermed cornmeal provides:

Nutrition Facts	
Calories	103
Protein	2 g
Carbohydrate	22 g
Fat	0.7 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	1.1 mg
Calcium	1 mg
Sodium	5 mg
Dietary Fiber	2 g
Vitamin A	6 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CRANBERRIES, WHOLE, SLICED, DRIED

**Category:** Fruits and vegetables.

**Date:** 10/31/00

**Description:**

Sweetened dried cranberries are processed from whole premium USDA Grade No. 1 fresh cranberries. No additives, preservatives, or flavors are added. A sugar solution is sprayed on the cranberries to balance the tartness and give them appropriate texture and mouthfeel. Oil is also sprayed on them, as a flow agent, so that the berries do not stick together.

**Pack Size:**

25 pound polybag case.

**Yield:**

One pound of dried cranberries (3-3/4 cups) will provide 15 1/4-cup servings of fruit.

**Uses:**

Dried cranberries are a quick and easy snack and also a tasty addition to trail mix, quick breads, muffins, desserts, sauces, salsa, and salads.

**Storage:**

Store dried cranberries in a cool, dry place not exceeding a temperature of 65°F; shelf life is extended if the dried cranberries are stored below 45°F.

**Best if Used By**

For best quality, unopened, and opened, dried cranberries should be used within 12 months if stored below 65°F, 18 months if stored below 45°F. Best storage conditions are at a low humidity, so refrigeration is excellent for storage.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:** CRANBERRIES, WHOLE, SLICED, DRIED

A 1/4-cup (30g) serving of dried cranberries provides:

Nutrition Facts	
Calories	97
Protein	0 g
Carbohydrate	24 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	0 mg
Sodium	0 mg
Dietary Fiber	1 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** CRANBERRY JUICE CONCENTRATE, SWEETENED

**Category:** Fruits and vegetables.

**Date:** 01/30/01

**Description:**

Cranberry juice concentrate is made from a blend of fresh or frozen cranberries, cranberry juice or cranberry juice concentrate and sweeteners (sucrose or fructose) and ascorbic acid.

**Pack Size:**

8/64 ounce plastic bottles or 12/11.5 ounce cans.

**Yield:**

The 64 ounce plastic bottles makes 256 ounces of juice. The 11.5 ounce can makes 46 ounces of juice - when diluted the cranberry juice drink product provides 27% juice. SINCE THIS DRINK IS NOT 50% JUICE STRENGTH, WHEN RECONSTITUTED, IT CANNOT BE CREDITED TOWARD MEETING THE MEAL PATTERN REQUIREMENTS FOR CHILD NUTRITION PROGRAMS.

**Uses:**

Cranberry juice can be served as an a la carte beverage or used as a base for punch.

**Storage:**

Cranberry juice is a shelf-stable product requiring no refrigeration.

**Best if Used By**

Cranberry juice concentrate is best if used within 9 months.

**Preparation:**

Combine cranberry juice with 3 parts water (3+1) to make a 27% juice drink.

**Cooking:**

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## NSLP Fact Sheets

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**Name:** CRANBERRY JUICE CONCENTRATE, SWEETENED

An 8-ounce serving (from 2 ounces of cranberry juice concentrate) provides:

Nutrition Facts	
Calories	140
Protein	0 g
Carbohydrate	34 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.1 mg
Calcium	0 mg
Sodium	25 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	69 mg

## NSLP Fact Sheets

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**Name:** CRANBERRY SAUCE, CANNED

**Category:** Fruits and vegetables.

**Date:** 06/29/00

**Description:**

Canned cranberry sauce is a strained jellied or simi-jellied product prepared from clean, sound, mature cranberries with an added sweetener such as high fructose corn syrup/corn sweetener and water.

**Pack Size:**

Six No. 10 cans per case.

**Yield:**

Each No. 10 can provides approximately 48 1/4-cup servings of canned fruit.

**Uses:**

Cranberry sauce can be used directly from the can as a meat accompaniment, particularly poultry. It can also be used in sauce recipes, such as barbeque sauce, or in fruit desserts or salads.

**Storage:**

Store canned cranberry sauce in a cool, dry place.

**Best if Used By**

Canned cranberry sauce is best if used within 12-18 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **CRANBERRY SAUCE, CANNED**

A 1/4-cup (70g) serving of canned cranberry sauce provides:

Nutrition Facts	
Calories	110
Protein	0 g
Carbohydrate	26 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.0 mg
Calcium	0 mg
Sodium	35 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** DATE PRODUCTS

**Category:** Fruits and vegetables.

**Date:** 04/01/97

**Description:**

Dates may be chopped, diced, or in morsel form. Each piece is coated with corntab (corn sugar) or dextrose to prevent sticking.

**Pack Size:**

30-pound box.

**Yield:**

One pound of chopped dates yields 10.6 1/4-cup servings. One pound of whole dates yields 11.1 1/4-cup servings. One pound equals about 2-2/3 cups of chopped dates and 2-3/4 cups of whole dates.

**Uses:**

Add date pieces to breakfast cereals, muffins, breads and cookies. Toss with other fruits in salads or desserts. Dates and date pieces are ready-to-eat and can be combined to make a trail mix with peanuts, raisins, sunflower seeds and granola cereal.

**Storage:**

Dates freeze well and thaw quickly. Dates should be refrigerated. Store dates at least 6 inches off the floor in the refrigerator. Once the case has been opened, fold down the polybag liner and turn the case upside down. The weight of the remaining dates will keep the liner tightly sealed to maintain freshness.

**Best if Used By**

Refrigerated dates are best if used within 5 months. Frozen dates are best if used within 1 year.

**Preparation:**

Dates give a full flavor to baked goods and keep muffins, cookies and cakes moist.

Remove only the amount needed from the box as dates tend to dry out.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **DATE PRODUCTS**

A 1/4-cup serving of chopped date pieces provides:

Nutrition Facts	
Calories	122
Protein	0 g
Carbohydrate	32 g
Fat	0.2 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	14 mg
Sodium	1 mg
Dietary Fiber	3 g
Vitamin A	2 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** DRIED PLUM PUREE

**Category:** Fruits and vegetables.

**Date:** 09/28/00

**Description:**

Dried plum puree is produced by combining pitted plums, plum juice concentrate and water as needed, with the possible addition of potassium sorbate. No other additives or preservatives are permitted. The resulting paste is dark brown, lump free, pliable and smooth, with a mild fruity flavor

**Pack Size:**

2-gallon plastic pail.

**Yield:**

Each 2-gallon pail will provide approximately 32 cups, or about 22 pounds of plum puree.

**Uses:**

Use as a replacement in baked goods for butter, oil or shortening. Can also replace caramel color or molasses in some recipes. Enhances moisture retention and flavor of any recipe. (PLUM PUREE IS NOT TO BE USED FOR FRYING.) Suggested level of use for fat replacement in baked goods:

Begin fat reducing efforts by replacing 1/2 the existing fat in a recipe. (Since fat promotes moistness and a tender texture, substitute only to the point that these qualities do not suffer.) Then add plum puree at 50% of the amount of fat that is removed. For example, two pounds of shortening in a recipe could be replaced with one pound of shortening and 1/2 pound of plum puree.

Usage levels for other purposes:

Add to existing baked food recipes at 3 to 10% of a recipe's total weight to enhance flavor, moisture content or replace molasses or caramel coloring.

Further Suggestions:

- Add water if the dough or batter is too stiff.
- Avoid overmixing, which could contribute to toughness in the finished product.
- Do not overbake. Check product at shortest bake time indicated in recipe and adjust time and temperature as needed.
- Plum puree is best for use in deeply-colored baked goods, such as chocolate items, since it will impart a dark color to the product.

**Storage:**



## NSLP Fact Sheets

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**Name: DRIED PLUM PUREE**

Store pails of plum puree in a cool(50-70°F), dry area, off the floor and rotate use. Do not refrigerate. Tightly reseal any unused plum puree.

**Best if Used By**

Dried plum puree is best if used within 9 months.

**Preparation:**

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**Cooking:**

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100 grams (3.5 ounces, by weight) of plum puree provides: ((Nutrient information was obtained from industry sources. Plum puree will be included in the National Nutrient Database for Child Nutrition Programs (NND-CNP)).

Nutrition Facts	
Calories	257
Protein	2 g
Carbohydrate	65 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	2.8 mg
Calcium	31 mg
Sodium	23 mg
Dietary Fiber	3 g
Vitamin A	1 RE
Vitamin C	4 mg

## NSLP Fact Sheets

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**Name:** EGG MIX, ALL PURPOSE

**Category:** Meats and meat alternates.

**Date:** 03/15/01

**Description:**

Dried whole egg solids, not less than 71.8%; maltodextrin; vegetable oil, salt, and citric acid. The moisture content is not more than 3.2%.

**Pack Size:**

4/10-pound polyethylene bags.

**Yield:**

One pound of all purpose egg mix yields approximately 26 servings of one large egg each when reconstituted. One hundred servings require 3.75 pounds of dried egg mix. When reconstituted, 7.2 ounces of all purpose egg mix is equivalent to 12 (one dozen) large eggs.

**Uses:**

Use only in thoroughly cooked products such as scrambled eggs or long-cooked casseroles or baked products such as cornbread, pancakes, cookies, muffins and baked custard. Do not use dried egg mix in egg-milk drinks, ice cream or uncooked salad dressings.

**Storage:**

Store unopened bags of dried egg mix in a cool, dry place. Store opened portions of egg mix in the refrigerator, either in the resealable bag or in a tightly closed container.

NOTE: The dried egg mix has been pasteurized in accordance with USDA requirements. It has been tested and found to be salmonella negative.

**Best if Used By**

This product is best if used within 12 to 15 months.

**Preparation:**

HANDLE ALL PURPOSE EGG MIX PROPERLY TO AVOID SPOILAGE OR FOOD POISONING.

TO RECONSTITUTE: Reconstitute all purpose egg mix by weight, using one part egg mix with 2 parts water. Sift all purpose egg mix into required amount of warm water in a mixer bowl and mix with a wire beater at low speed until well blended.

## NSLP Fact Sheets

**Name: EGG MIX, ALL PURPOSE**

Reconstitute only the quantity of dried egg mix needed for the recipe and use immediately. Weigh the dried egg mix or sift and measure.

Dried egg mix can be reconstituted for use in recipes or it can be sifted with the dry ingredients and the water added to other liquid ingredients.

### Cooking:

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A .6-ounce (17g (2Tbsp)) serving (equivalent of 1 egg) of dried egg mix provides:

Nutrition Facts	
Calories	90
Protein	6 g
Carbohydrate	4 g
Fat	6.0 g
Saturated Fat	1.5 g
Cholesterol	210 mg
Iron	1.0 mg
Calcium	40 mg
Sodium	105 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** EGGS, PASTEURIZED, WHOLE, FROZEN

**Category:** Meats and meat alternates.

**Date:** 02/03/99

**Description:**

Pasteurized whole eggs, frozen.

**PRODUCT APPEARANCE:** In the frozen state, product color may range from yellow to yellow-orange or even reddish-orange. In a completely thawed state, before mixing, the product may have a layered, thickened, lumpy appearance as a result of freezing and separation, and a clear reddish-orange liquid may be evident on top layer. When thoroughly mixed, the thawed whole eggs will regain a uniform consistency and a yellow to yellow-orange color.

**Pack Size:**

30-pound container or 6/5 pound containers per case.

**Yield:**

Each 5-pound carton contains 45 large eggs. One large egg equals 3 tablespoons of frozen egg.

-9 Large Size Shell Eggs equals, in frozen whole eggs: (Weight - 1 LB.)  
(Measure -2 Cups less 2 Tbsp.)

-10 Large Size Shell Eggs equals, in frozen whole eggs: (Weight - 1 Lb. 1 3/4 Oz.)  
(Measure - 2 Cups)

-12 Large Size Shell Eggs equals, in frozen whole eggs: (Weight - 1 Lb. 5 1/2 Oz.)  
(Measure - 2 1/2 Cups)

-25 Large Size Shell Eggs equals, in frozen whole eggs: (Weight - 2 Lb. 13 Oz.)  
(Measure - 1 Qt. 1 1/4 Cups)

**Uses:**

Pasteurized frozen eggs can be used in place of shell eggs. Pasteurized eggs should be used instead of shell eggs in uncooked or slightly heated foods such as milk drinks, ice cream, salad dressings, cream puddings or soft custards.

**Storage:**

## NSLP Fact Sheets

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**Name: EGGS, PASTEURIZED, WHOLE, FROZEN**

Store frozen eggs in the freezer at 0°F or below. Always thaw eggs in the refrigerator (35-40°F) in a closed container. Thaw only the amount needed. USE THAWED EGGS WITHIN 24 HOURS.

### Best if Used By

It is recommended that frozen whole eggs be used within 1 year.

### Preparation:

Handle frozen and thawed eggs properly to avoid spoilage or food poisoning. Wash hands and sanitize all preparation surfaces and tools used to prepare foods containing eggs. Omelets and scramble eggs prepared on top of the range should always be cooked until firm throughout.

### Cooking:

--

A serving of one large egg (equivalent to 3 tablespoons) provides:

Nutrition Facts	
Calories	68
Protein	5 g
Carbohydrate	0 g
Fat	5.0 g
Saturated Fat	1.4 g
Cholesterol	194 mg
Iron	0.6 mg
Calcium	22 mg
Sodium	57 mg
Dietary Fiber	0 g
Vitamin A	87 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** FIG PUREE

**Category:** Fruits and vegetables.

**Date:** 05/19/00

**Description:**

Fig Puree is classified as U.S. Commercial Grade.

**Pack Size:**

2-gallon plastic pail.

**Yield:**

1 cup provides 4 1/4-cup servings of fruit.

**Uses:**

Fig Puree can be used as an ingredient in puddings, cakes, main dishes or as a fat substitute to reduce or replace butter, margarine and shortening in pastries, breads, cakes, fillings and confectionery items. It can also be used to extend ground beef to lower the fat content and serve as a binder to retain moistness in the final cooked product.

**Storage:**

Store off the floor in a cool, dry place.

**Best if Used By**

Fig Puree will keep for 6 months at 70°F or below, or for 1 year under refrigeration.

**Preparation:**

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**Cooking:**

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# NSLP Fact Sheets

**Name: FIG PUREE**

An 8-ounce serving (228 grams) of fig puree provides:

Nutrition Facts	
Calories	532
Protein	5 g
Carbohydrate	125 g
Fat	0.9 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	5.5 mg
Calcium	239 mg
Sodium	22 mg
Dietary Fiber	26 g
Vitamin A	6 RE
Vitamin C	13 mg

## NSLP Fact Sheets

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**Name:** FIGS, WHOLE, DRIED

**Category:** Fruits and vegetables.

**Date:** 04/01/97

**Description:**

U.S. Grade B or better, Calimyrna, Adriatic or Kadota varieties (no black varieties), packed whole and loose.

**Pack Size:**

30-pound case.

**Yield:**

One pound of figs yields 10.4 1/4-cup servings dry (about 3 figs) or 13.4 1/4-cup servings of cooked fruit and juice. One pound dry equals about 2-5/8 cups or approximately 30 figs.

**Uses:**

Add sliced or chopped figs to muffins, breads, cookies, and other desserts. Toss in salads. Figs can also be used in ham, chicken, and turkey main dishes, sandwiches, and in sauces. Figs are ready to eat and can be added to a mix of nuts and raisins or sprinkled on top of dry or cooked cereals.

**Storage:**

Store figs in a cool, dry place. The low-moisture level and high-natural sugar level prevent rapid spoilage. Carefully reclose open cases to prevent insect infestation. The natural fruit sugar crystallizes after figs have been stored for a considerable time forming a harmless, white coating. This crystallized fruit sugar can be removed by washing figs with warm water. Storage life is cut in half for every 20°F temperature increase.

**Best if Used By**

The chart shows the maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	36 weeks	---
70°F	18 weeks	---
90°F	9 weeks	---

**Preparation:**

For baking and cooking: Remove the stem with a knife or scissors. Dip the scissors in water frequently to prevent stickiness when cutting figs. Chop or cut fig into pieces and substitute for raisins in baked items.



## NSLP Fact Sheets

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**Name:** FIGS, WHOLE, DRIED

**Cooking:**

To stew: Cover figs with water and simmer for 30 minutes or until soft.

A 1/4-cup serving of dried, uncooked figs, provides:

Nutrition Facts	
Calories	127
Protein	1 g
Carbohydrate	32 g
Fat	0.6 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	1.1 mg
Calcium	71 mg
Sodium	5 mg
Dietary Fiber	2 g
Vitamin A	6 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** FLOUR, ALL PURPOSE

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 08/18/97

**Description:**

Wheat flour enriched with thiamin, riboflavin, niacin and iron. May have added calcium, enzymes and ascorbic acid. May be bleached or unbleached.

**Pack Size:**

50-pound or 100-pound bag.

**Yield:**

One pound of flour equals approximately 3-1/2 cups.

**Uses:**

Flour is the primary ingredient in baked items of all types and is used as a thickening agent for sauces and gravies.

**Storage:**

Store in a well-ventilated area off the floor and away from walls. Best storage conditions are at a temperature below 50°F and at less than 60% relative humidity. Do not stack higher than eight bags. Rotate use. Excessive relative humidity and heat contribute to infestation, caking, and mold. Keep from strong odors as flour readily absorbs them. Refrigeration is necessary in hot climates. Store opened unused flour in tightly covered containers.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	6 months	---

**Preparation:**

Use as directed in recipes for preparing baked items or sauces and gravies.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **FLOUR, ALL PURPOSE**

One ounce (3-1/2 tablespoons) of unsifted enriched all purpose flour provides:

Nutrition Facts	
Calories	99
Protein	2 g
Carbohydrate	20 g
Fat	0.3 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	1.3 mg
Calcium	4 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** FLOUR, BREAD

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 08/18/97

**Description:**

Enriched wheat flour with a minimum protein level of 11% for better gluten (as compared to 9% for all purpose flour).

**Pack Size:**

Two 25-pound bags per package; 50-pound or 100-pound bags.

**Yield:**

One pound equals approximately 3-1/2 cups.

**Uses:**

The primary use of bread flour is for breads, rolls and other yeast products. Bread flour is not recommended for cakes, pie crusts or quick breads.

**Storage:**

Store in a cool, dry, well-ventilated area. For best preservation, store flour at a temperature below 50°F and at less than 60% relative humidity. Excessive humidity and heat contribute to infestation, caking and mold. Cross-stack on pallets away from the wall. Rotate use. Flour absorbs odors and should be kept away from substances which give off distinct odors. Store opened unused flour in tightly covered containers.

**Best if Used By**

The following chart lists maximum storage times at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	6 months	---

**Preparation:**

Use as directed in recipes for preparing breads, rolls, pizza dough and other yeast products.

**Cooking:**

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## NSLP Fact Sheets

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**Name: FLOUR, BREAD**

One ounce (3-1/2 tablespoons) of unsifted flour provides:

Nutrition Facts	
Calories	109
Protein	3 g
Carbohydrate	21 g
Fat	0.5 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	1.3 mg
Calcium	4 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** FLOUR, SOFT WHEAT

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 08/18/97

**Description:**

Enriched bakers soft wheat flour milled from wheat of the classes Soft Red Winter or White Wheat. May be bleached or unbleached.

**Pack Size:**

50-pound or 100-pound bags.

**Yield:**

One pound of flour equals approximately 3-1/2 cups.

**Uses:**

Bakers soft wheat flour is primarily used in baking cookies and crackers.

**Storage:**

Store in a cool, dry, well-ventilated area. Best storage conditions are at a temperature below 50°F and at less than 60% relative humidity. Excessive humidity and heat contribute to infestation, caking and mold. Cross-stack bags of flour on pallets away from the wall. Rotate use. Flour absorbs odors and should be kept away from substances that give off distinct odors. Store opened flour in tightly covered containers.

**Best if Used By**

The following chart lists maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	6 months	---

**Preparation:**

Use as directed in recipes for preparing baked items such as cookies and crackers.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **FLOUR, SOFT WHEAT**

One ounce (3-1/2 tablespoons) of unsifted soft wheat flour provides:

Nutrition Facts	
Calories	99
Protein	2 g
Carbohydrate	20 g
Fat	0.3 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	1.3 mg
Calcium	4 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** FLOUR, WHOLE WHEAT

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 08/18/97

**Description:**

Whole wheat flour contains the finely ground bran, germ, and endosperm of the whole kernel. May contain ascorbic acid as a dough conditioner and enzymes for improved baking.

**Pack Size:**

Two 25-pound bags per package; 10-pound or 50-pound bag.

**Yield:**

One pound of whole wheat flour equals approximately 3-1/2 cups.

**Uses:**

Whole wheat flour is the primary ingredient in many breads and other baked items.

**Storage:**

Store in a well-ventilated area at less than 60% relative humidity. Keep off the floor and away from walls. Do not stack higher than eight bags. Rotate use. Excessive humidity and heat contribute to infestation, caking and mold. Keep away from strong odors as flour readily absorbs them. Whole wheat flour can become rancid and shelf life is less than that of white flour. If it is stored for any length of time, check for rancidity by smelling the flour. Refrigeration is necessary in hot climates. Store opened flour in tightly covered containers.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	6 months	---

**Preparation:**

Whole wheat flour products have a distinctive flavor and a coarser texture than those made from white flour. Substitute whole wheat flour for part of the white flour in recipes. For best results, use one part whole wheat flour and three parts white flour. The more whole wheat flour, the longer the rising time needed.



## NSLP Fact Sheets

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**Name:**    **FLOUR, WHOLE WHEAT**

Because whole wheat flour absorbs liquid more slowly than white flour, yeast breads may also take longer to knead.

### **Cooking:**

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One ounce (3-3/4 tablespoons) of whole wheat flour provides:

Nutrition Facts	
Calories	95
Protein	3 g
Carbohydrate	20 g
Fat	0.5 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	1.1 mg
Calcium	9 mg
Sodium	1 mg
Dietary Fiber	3 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** GRAPEFRUIT, FRESH

**Category:** Fruits and vegetables.

**Date:** 05/19/97

**Description:**

Fresh grapefruit of U.S. Grade 1 or better. Size, variety, and case weight will vary depending upon the state in which they are grown.

**Pack Size:**

Cartons weighting 34-42 pounds each.

**Yield:**

One pound of fresh grapefruit provides 2 servings of 1/2 fruit each, with each half providing approximately 1/2 cup of fruit and juice. One pound of fresh grapefruit will yield approximately 4.1 1/4-cup servings of fruit sections and juice.

**Uses:**

Serve fresh grapefruit halved for breakfast, or section the fruits and use sections and juice in salads. For a quick and easy snack:

Slice grapefruit into halves,  
through the stem end.

Slice the halves again, through  
the stem end.

Turn sideways, and slice across  
the previous cut. Perfect points  
will be formed.

**Storage:**

Store grapefruit in a well ventilated area, keeping cartons off the floor to improve circulation of air and discourage condensation of moisture on fruit. The ideal storage temperature for fresh grapefruit is 50°F, with a relative humidity of 85-90%. Chill damage is evidenced by rapid deterioration of the interior of the fruit after it is removed from storage, and can be avoided by storing the fruits at temperatures no lower than 40°F.

Grapefruit may show signs of russeting (browning of the peel) or regreening (peel of ripe fruit becoming green again). Neither of these conditions affect the quality of the fruit.

Additional note: Florida grapefruits may be treated with ethylene, and should not be stored for long periods. Long storage of ethylene treated grapefruits may result in stem end rot. Refrigerated storage of grapefruit is not recommended. If it is necessary to store Florida grapefruit under refrigeration, a limited storage period is advised, and then only if fruit is inspected at regular intervals.

## NSLP Fact Sheets

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**Name:** GRAPEFRUIT, FRESH

### Best if Used By

When properly stored, fresh grapefruit has a storage life of 28-42 days. Regular inspection is required to determine when quality begins to decline.

### Preparation:

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### Cooking:

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A serving of 1/2 grapefruit provides:

Nutrition Facts	
Calories	38
Protein	0 g
Carbohydrate	9 g
Fat	1.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.1 mg
Calcium	14 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	15 RE
Vitamin C	41 mg

## NSLP Fact Sheets

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**Name:** GRITS, CORN

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 08/18/97

**Description:**

Enriched yellow or white corn (hominy) grits, coarse or fine ground.

**Pack Size:**

50-pound bag.

**Yield:**

One pound of regular corn grits yields 25.1 1/2-cup servings or 16.7 3/4-cup servings of cooked corn grits.

**Uses:**

Serve enriched corn grits as a hot cereal or use in breads, muffins, main dishes or desserts.

**Storage:**

Store corn grits off the floor in a cool, dry, well-ventilated place. A relative humidity of 70% or less is recommended. If corn grits are held at a high temperature for an extended period, the grits will develop a rancid flavor. Store opened bags of grits in tightly closed metal containers.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	6 months	---

**Preparation:**

Do not wash or rinse corn grits before cooking. Enrichment does not wash out, but some natural food value is lost.

Use corn grits in combination with meat and cheese in main dishes or in puddings for desserts.

**Cooking:**

100 Servings:

## NSLP Fact Sheets

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**Name: GRITS, CORN**

-(1)Corn Grits - (Weight - 4 Lbs. 20 Oz.) - (Measure 3 Qts.) - (2) Salt - (Weight - 2 Oz.) - (Measure - 1/4 Cup)  
-(3) Boiling Water - (Measure - 3-3/4 Gal.)

Directions:

1. Add grits to boiling salt water.
2. Boil for 10 minutes, stirring frequently. Reduce heat and simmer, stirring occasionally.

SERVING: 1/2-cup provides 1 serving of cooked cereal grain.

A 1/2-cup serving of enriched corn grits, cooked with no added salt or fat, provides:

Nutrition Facts	
Calories	73
Protein	1 g
Carbohydrate	15 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.8 mg
Calcium	0 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** HAM, BONELESS, COOKED, FROZEN

**Category:** Meats and meat alternates.

**Date:** 11/30/00

**Description:**

Prepared with USDA-inspected fresh pork.

**Pack Size:**

Cases weighing 36-44 pounds each.

**Yield:**

One pound cooked ham yields 13.6 1-ounce servings of lean meat.

**Uses:**

Serve hot or cold, as sliced ham, in sandwiches, as ham salad, ham loaf or in casseroles with macaroni, noodles, potatoes, rice or corn grits.

**Storage:**

Store frozen hams at or below 0°F in original container.

**Best if Used By**

Cooked, frozen boneless hams are best if used within 6 months.

**Preparation:**

TO THAW: Remove from frozen storage only the amount needed. Thaw in refrigerator (36-45°F) for about 15-18 hours. Use thawed hams within 24 hours.

TO HEAT: Heat ham at 325°F to an internal temperature of 140°F (about 2 hours). Heat ham with or without casings. Remove ham casings before serving.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **HAM, BONELESS, COOKED, FROZEN**

A 1-ounce serving of ham, heated provides:

Nutrition Facts	
Calories	42
Protein	5 g
Carbohydrate	0 g
Fat	2.1 g
Saturated Fat	0.4 g
Cholesterol	20 mg
Iron	0.2 mg
Calcium	1 mg
Sodium	327 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	6 mg

## NSLP Fact Sheets

---

**Name:** HAM, WATER ADDED, CHILLED

**Category:** Meats and meat alternates.

**Date:** 12/01/00

**Description:**

This ham product is whole, cured, smoked, boneless, fully cooked, 95% fat free, and approximately 4-4 1/2 inches in diameter.

**Pack Size:**

Cases weigh between 36-44 pounds each (4/10# hams or 12-14/3# hams per case).

**Yield:**

One pound yields 11.4 one-ounce servings of lean meat.

**Uses:**

Serve hot or cold, sliced or diced for sandwiches, salads, and casseroles. If served cold, the optimum serving temperature is 36°- 45°F.

**Storage:**

Store ham product in refrigerator at 35°F in original container.

**Best if Used By**

This ham product is best if used with 4 months.

**Preparation:**

TO HEAT: Roast ham at 325°F to an internal temperature of at least 140°F, about 2 hours. Heat ham with or without casings. Remove casings before serving.

**Cooking:**

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## NSLP Fact Sheets

---

**Name:**    **HAM, WATER ADDED, CHILLED**

A 1-ounce serving of ham, heated, provides:

Nutrition Facts	
Calories	36
Protein	3 g
Carbohydrate	0 g
Fat	0.8 g
Saturated Fat	0.3 g
Cholesterol	13 mg
Iron	0.0 mg
Calcium	0 mg
Sodium	264 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

---

**Name:** HAM, WATER ADDED, FROZEN

**Category:** Meats and meat alternates.

**Date:** 06/06/01

**Description:**

This ham product is whole, cured, smoked, boneless, fully cooked, 95% fat free, and approximately 4-4 1/2 inches in diameter.

**Pack Size:**

Cases weighing 36-44 pounds each (4/10# hams or 12-14/3# hams per case).

**Yield:**

One pound yields 11.4 1-ounce servings of lean meat.

**Uses:**

Serve hot or cold, sliced or diced for sandwiches, salads, and casseroles at lunch. If served cold, the optimum serving temperature is 40°F.

**Storage:**

Store ham product in freezer at or below 0°F in original container.

**Best if Used By**

This ham product is best if used within 6 months.

**Preparation:**

TO THAW: Remove the amount needed from frozen storage. Thaw in refrigerator at 36-45°F for 48 hours. Use thawed ham within 24 hours.

TO HEAT: Roast ham at 325°F to an internal temperature of at least 140°F, about 2 hours. Heat ham with or without casings. Remove casings before serving.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **HAM, WATER ADDED, FROZEN**

A 1-ounce serving of ham, heated, provides:

(Nutrient information was obtained from industry sources. Ham, Water Added will be included in the National Nutrient Database for Child Nutrition Programs (NND-CNP).

Nutrition Facts	
Calories	29
Protein	4 g
Carbohydrate	0 g
Fat	1.0 g
Saturated Fat	0.2 g
Cholesterol	13 mg
Iron	0.4 mg
Calcium	1 mg
Sodium	344 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** LEMONS, FRESH

**Category:** Fruits and vegetables.

**Date:** 08/10/01

**Description:**

Fresh lemons are U.S. Grade 1 or better - size, variety, and case weight will vary.

**Pack Size:**

34-39 pound cartons. Each carton contains a count of 115 to 165 lemons, loosely packed, not bagged.

**Yield:**

One medium lemon yields approximately 3 tablespoons of juice and 1 tablespoon of grated peel.

**Uses:**

Lemons, because of their distinctive flavor, are great flavorings in pies, puddings, cookies, and cakes. They are also flavorful, as well as attractive, when quartered or sliced for garnishes accompanying fish, meats, and vegetables. The squeezed juice, when sweetened, makes an excellent fresh lemonade beverage. Lemon juice can easily be substituted for vinegar in salad dressing recipes.

**Storage:**

Do not store lemons in plastic bags or film-wrapped trays because moisture drops may form between the film and peel, promoting mold growth. Store lemons loosely in refrigerator at 35-50°F.

**Best if Used By**

Refrigerated lemons will keep best for 2-3 weeks. When stored at room temperature, lemons will keep for 7-10 days.

**Preparation:**

Wash lemons thoroughly before using.

**Cooking:**

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## NSLP Fact Sheets

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**Name: LEMONS, FRESH**

A serving of one lemon with peel provides:

Nutrition Facts	
Calories	21
Protein	1 g
Carbohydrate	11 g
Fat	0.3 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.7 mg
Calcium	65 mg
Sodium	3 mg
Dietary Fiber	5 g
Vitamin A	3 RE
Vitamin C	83 mg

A serving of one lemon without peel provides:

Nutrition Facts	
Calories	16
Protein	0 g
Carbohydrate	5 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	15 mg
Sodium	1 mg
Dietary Fiber	1 g
Vitamin A	1 RE
Vitamin C	30 mg

## NSLP Fact Sheets

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**Name:** LOW SATURATED FAT SOYBEAN OIL

**Category:** Other Foods

**Date:** 06/22/00

**Description:**

Refined, bleached and deodorized soybean oil, containing one gram of saturated fat per serving. This reflects a 50% reduction in saturated fat compared to regular soybean oil. This soybean oil retains the benefits and properties of traditional soybean oil.

**Pack Size:**

6/1-gallon plastic bottles per case.

**Yield:**

One cup of oil weighs about 7.65 ounces. One pound of oil measures about 2-1/8 cups.

**Uses:**

Use in recipes specifying oil, melted fat or hydrogenated shortening such as biscuits, cornbread, muffins, rolls, pie dough and quick bread recipes. Oil can also be used for deep fat frying, pan greasing, oiling baked potatoes and in salad dressing. For general use, vegetable oil and hydrogenated shortening are interchangeable by weight, but not by volume.

**Storage:**

Store bottles of oil in a cool, dry place.

Carefully clean spout, replace and screw cap tightly after each use. Exposure to air causes oil to lose quality. When held below 32°F, oil may form solid material that disappears when the oil is warmed.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	24 months	---
70°F	12 months	---
90°F	6 months	---

**Preparation:**

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## NSLP Fact Sheets

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**Name:**    **LOW SATURATED FAT SOYBEAN OIL**

**Cooking:**

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One tablespoon of low saturated fat soybean oil provides:

Nutrition Facts	
Calories	120
Protein	0 g
Carbohydrate	0 g
Fat	13.6 g
Saturated Fat	1.0 g
Cholesterol	0 mg
Iron	0.0 mg
Calcium	0 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** **MACARONI AND CHEESE, FROZEN, PROCESSED**

**Category:** Meats and meat alternates.

**Date:** 04/05/01

**Description:**

Also a Bread Alternate. Frozen Macaroni and Cheese is made from cooked, enriched macaroni, cheese sauce (cheddar cheese, American Cheese, Swiss Cheese, or club cheese), spices, and thickeners.

**Pack Size:**

6/5 pound sealed plastic pouches per 30 pound box.

**Yield:**

Each case provides 48 8-ounce servings.

**Uses:**

Macaroni and cheese can be served as a main entree or a side dish accompaniment. Each 8-ounce serving provides 2 ounces of equivalent meat alternate and 2 bread alternate servings for the National School Lunch Meal Pattern requirement.

**Storage:**

Keep frozen at 0°F or below.

**Best if Used By**

Frozen Macaroni and Cheese is best if used within 6 months of delivery.

**Preparation:**

Macaroni and Cheese can be prepared from a frozen or thawed state. To thaw, lay pouches onto sheet trays, store in refrigerator overnight.

**Cooking:**

FROM A THAWED STATE: Place unopened pouch in boiling water - will be ready to serve in 20 to 25 minutes. IN CONVECTION OVEN: Remove contents of pouch and place in a lightly sprayed (oiled) covered tray - bake in preheated oven at 375°F for 35 minutes to an internal temperature of 165°F.

FROM A FROZEN STATE: Place unopened pouch in boiling water for 40 to 45 minutes. IN A CONVECTION OVEN: Remove contents of pouch and place in a sprayed (lightly oiled) covered tray - bake in preheated oven at 375°F for 55 to 60 minutes to an internal temperature of 165°F.



## NSLP Fact Sheets

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**Name: MACARONI AND CHEESE, FROZEN, PROCESSED**

Allow to stand 10 to 15 minutes before serving to firm up.

During serving period, maintain an internal temperature above 140°F.

A 1-cup serving of Macaroni and Cheese provides 2 ounces of meat alternate and 2 bread alternate servings.

Nutrition Facts	
Calories	330
Protein	17 g
Carbohydrate	31 g
Fat	14.5 g
Saturated Fat	8.0 g
Cholesterol	41 mg
Iron	1.4 mg
Calcium	386 mg
Sodium	1058 mg
Dietary Fiber	1 g
Vitamin A	247 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** **MACARONI, SPAGHETTI, AND ROTINI (SPIRALS)**

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 08/31/98

**Description:**

Macaroni, elbow or long (3/4" to 1-1/2" in length), spaghetti (8-1/2" to 11" in length), and rotini (1" to 1-3/4" in length) made from semolina or durum flour. Enriched with thiamin, riboflavin, niacin, and iron.

**Pack Size:**

20-pound bag.

**Yield:**

Macaroni: Elbow or long: One pound cooked macaroni yields about 19.5 1/2-cup portions. One pound dry macaroni equals about 3-1/2-cups.

Spaghetti: One pound cooked spaghetti yields about 16.5 1/2-cup portions. One pound dry spaghetti equals about 6-3/8 cups.

Rotini: Spirals: One pound cooked rotini yields about 16.9 1/2-cup portions. One pound dry rotini equals about 5-3/8 cups.

**Uses:**

Macaroni and similar pasta products may be combined with a tomato or meat sauce. Use in recipes for soup, casseroles or salads. Combine with eggs, fish, fowl, vegetables, meat or cheese.

**Storage:**

Store pasta products off the floor in a cool, dry, well-ventilated place.

Store opened pasta products in tightly covered containers.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	72 months	---
70°F	36 months	---
90°F	18 months	---

**Preparation:**

## NSLP Fact Sheets

### Name: **MACARONI, SPAGHETTI, AND ROTINI (SPIRALS)**

To cook macaroni, spaghetti or rotini: 100 Servings

Ingredients: Salt(Optional): (Weight: 3-1/2 oz.) (Measure: 1/3 cup); Boiling Water: (Measure: 6 gallons); Macaroni: (Weight: 5 lbs., 4 oz.); OR Spaghetti: (Weight: 6 lbs., 7 oz.); OR Rotini: (Weight: 6 lbs.)

### Cooking:

Directions: (1) Add salt to boiling water(optional). Slowly stir macaroni, spaghetti, or rotini until water boils again. (2) Cook macaroni uncovered about 8 minutes until tender but firm, 10 minutes for spaghetti, and 5-10 minutes for rotini. DO NOT OVERCOOK. (3) Drain.

Pasta is done when tender, but firm. If pasta is to be used in a dish requiring further cooking or held on a steamtable, undercook it slightly. Drain pasta and rinse in cool water to stop cooking. When pasta is not to be served immediately, drain off water and toss lightly with a small amount of salad oil to prevent sticking and drying out.

Cover tightly and store. To reheat pasta, place in a colander and immerse in rapidly boiling water just long enough to heat thoroughly. DO NOT OVERCOOK.

A 1/2-cup serving of tender cooked (unsalted) enriched macaroni, spaghetti, or rotini provides:

Nutrition Facts	
Calories	99
Protein	3 g
Carbohydrate	19 g
Fat	0.5 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	1.0 mg
Calcium	4 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** MILK, NONFAT, DRY (NONINSTANT)

**Category:** Other Foods

**Date:** 12/05/00

**Description:**

Dried (noninstant) pasteurized skim milk.

**Pack Size:**

25-kg bag(55 pounds)

**Yield:**

One pound of nonfat dry milk, reconstituted, will yield 20 cups of fluid milk; one pound of noninstant, nonfat dry milk is about 3-1/2 cups (dry); 3/4 cup (3.2 oz.) dry milk added to 3-3/4 cups water will equal about 1 quart of fluid skim milk.

**Uses:**

Use reconstituted nonfat dry milk in place of fresh milk in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes and custards.

RECONSTITUTED NONFAT DRY MILK MAY NOT BE USED TO MEET THE FLUID MILK REQUIREMENT FOR FEDERAL REIMBURSEMENT.

**Storage:**

Store nonfat dry milk off the floor in a cool, dry place. Store opened nonfat dry milk in a tightly covered container. When exposed to the air and moisture, it becomes lumpy and the flavor changes. After mixing with water, cover milk and refrigerate. Handle and treat the same as fresh fluid milk. Use within 3 to 5 days.

**Best if Used By**

Nonfat dry milk is best if used within 18 to 24 months.

**Preparation:**

When nonfat dry milk is specified in recipes such as bread, biscuits, muffins and cakes which contain large portions of dry ingredients; the nonfat dry milk may be mixed with the other dry ingredients. The water for reconstitution may be added to the liquid ingredients.

Use nonfat dry milk as directed in recipes requiring dry or reconstituted milk or as a substitute in a cooked product when fresh milk is specified. In recipes specifying both weight and volume measurements for dry milk, using the weight will give more consistent results.

## NSLP Fact Sheets

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**Name:** MILK, NONFAT, DRY (NONINSTANT)

TO PREPARE FLUID SKIM MILK AND SOUR MILK:

1 Gallon Reconstituted:

FLUID SKIM MILK:

Ingredients: (1) Nonfat dry milk,(Noninstant)(Weight - 14 Oz.); (Measure - 3 Cups) ; (2) Water, at room temperature: (Measure - 3-3/4 Qt.)

Directions:

(1) Sprinkle noninstant dry milk on top of water and beat with mixer, rotary beater or wire whip until dissolved.

(2) If not used immediately, cover and refrigerate.

To prepare SOUR MILK, use 1 cup vinegar in place of 1 cup of the water in Fluid Skim Milk recipe.

Note: 3.2 to 3.5 ounces of nonfat dry milk can be used to make a quart of fluid milk. For convenience in measuring, 3.5 ounces (3-1/2 oz.) nonfat dry milk per quart was used in this recipe.

### **Cooking:**

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## NSLP Fact Sheets

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**Name:**    **MILK, NONFAT, DRY (NONINSTANT)**

A 7/8-ounce measure of nonfat dry milk (weight of nonfat dry milk to make 1 cup reconstituted skim milk), nonfortified, provides:

Nutrition Facts	
Calories	89
Protein	8 g
Carbohydrate	12 g
Fat	0.1 g
Saturated Fat	0.1 g
Cholesterol	4 mg
Iron	0.0 mg
Calcium	312 mg
Sodium	132 mg
Dietary Fiber	0 g
Vitamin A	1 RE
Vitamin C	1 mg

## NSLP Fact Sheets

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**Name:** MIXED FRUIT, CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better. Canned mixed fruit; diced peaches, diced pears and whole seedless grapes packed in fruit juice or light syrup. Sugar or similar sweetener may be added.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (106 oz.) of mixed fruit will yield 46.9 1/4-cup servings of fruit and juice. Drained weight of one can is approximately 69 ounces (9-1/4 cups) fruit.

**Uses:**

Serve canned mixed fruit chilled or use in recipes for breads, cakes or desserts.

**Storage:**

Store unopened canned mixed fruit off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration of the fruit. Avoid freezing. Store opened canned mixed fruit covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Serve mixed fruit, chilled with syrup or chilled and drained, as part of fruit salad or with cottage cheese. Combine with other fresh, canned or frozen fruit for fruit cup or compotes. Add mixed fruit to gelatin. Use as directed in recipes specifying mixed fruit or fruit cocktail.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **MIXED FRUIT, CANNED**

A 1/4-cup serving of canned mixed fruit (peaches, pears and grapes, with light syrup) provides:

Nutrition Facts	
Calories	36
Protein	0 g
Carbohydrate	9 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	3 mg
Sodium	3 mg
Dietary Fiber	0 g
Vitamin A	13 RE
Vitamin C	1 mg



## NSLP Fact Sheets

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**Name:** OATS, ROLLED, QUICK

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 12/15/96

**Description:**

Rolled oats, quick cooking.

**Pack Size:**

12/3-pound or 50-pound bag.

**Yield:**

One pound of dry rolled oats equals about 6-1/4 cups; 1 pound cooked rolled oats yields 23.8 1/2-cup portions or 15.8 3/4-cup portions.

**Uses:**

Serve rolled oats as a hot cereal or use as an extender for meat loaf or meat and fish patties. Use rolled oats in breads, rolls, muffins, cookies, similar baked items, and as a topping for crisps and cakes.

**Storage:**

Store rolled oats off the floor in a cool, dry, well-ventilated place. High temperatures and humidity contribute to infestation and mold. A relative humidity of 60% or less is recommended.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	6 months	---

**Preparation:**

Substitute rolled oats for rolled wheat in any recipe. Make substitutions on a volume basis only, since weights of these products vary. Use as directed in recipes for preparing baked goods, cereals, etc.

**Cooking:**

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## NSLP Fact Sheets

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**Name:** OATS, ROLLED, QUICK

A 1/2-cup serving of cooked rolled oats with no added salt provides:

Nutrition Facts	
Calories	73
Protein	3 g
Carbohydrate	12 g
Fat	1.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.8 mg
Calcium	9 mg
Sodium	1 mg
Dietary Fiber	2 g
Vitamin A	1 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** ORANGE JUICE, CONCENTRATE, FROZEN

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade A unsweetened frozen concentrated orange juice.

**Pack Size:**

12/32 fluid ounce cans per carton.

**Yield:**

One 32 fluid ounce can of concentrated orange juice yields 64 tablespoons of concentrate (1 tablespoon is equivalent to 1/4-cup fruit juice). One can reconstituted with 3 cans of water yields approximately 16 cups of full strength orange juice (128 fluid ounces).

**Uses:**

Reconstitute orange juice concentrate and serve as a beverage or use in salads, sauces or desserts.

**Storage:**

Store unopened frozen orange juice concentrate at 0°F or below, off the floor, and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration of the orange juice.

Store opened thawed orange juice covered, in a nonmetallic container in the refrigerator.

**Best if Used By**

Frozen orange juice is best if used within 24 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

**Name:** ORANGE JUICE, CONCENTRATE, FROZEN

A 1-cup serving of reconstituted orange juice from concentrate provides:

Nutrition Facts	
Calories	112
Protein	1 g
Carbohydrate	27 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	22 mg
Sodium	2 mg
Dietary Fiber	0 g
Vitamin A	20 RE
Vitamin C	97 mg

A 1-fluid ounce serving of undiluted orange juice concentrate provides:

Nutrition Facts	
Calories	57
Protein	0 g
Carbohydrate	13 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.1 mg
Calcium	11 mg
Sodium	1 mg
Dietary Fiber	0 g
Vitamin A	10 RE
Vitamin C	49 mg

## NSLP Fact Sheets

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**Name:** ORANGE JUICE, SINGLE SERVE, CARTONS

**Category:** Fruits and vegetables.

**Date:** 04/23/97

**Description:**

U.S. Grade A pasteurized orange juice from concentrate in individual 4 ounce, "milk carton type" containers.

**Pack Size:**

70 4-ounce individual serving cartons per case. Each case weighs 19 pounds.

**Yield:**

Each four-ounce container of orange juice provides the equivalent of 1/2 cup single strength fruit juice.

**Uses:**

Serve orange juice as a beverage.

**Storage:**

Store unopened frozen orange juice concentrate at 0°F or below, off the floor, and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration of the orange juice.

Thaw orange juice in the refrigerator. Thaw only the amount needed for one day's use and serve the juice as quickly as possible for optimum flavor after it is thawed. Orange juice quality will deteriorate rapidly after the product thaws; therefore any unused, thawed orange juice should be used within 7-10 days.

**Best if Used By**

Frozen orange juice is best if used within 9 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **ORANGE JUICE, SINGLE SERVE, CARTONS**

A 4-ounce container of reconstituted orange juice from concentrate provides:

Nutrition Facts	
Calories	56
Protein	0 g
Carbohydrate	14 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	11 mg
Sodium	1 mg
Dietary Fiber	0 g
Vitamin A	10 RE
Vitamin C	49 mg

## NSLP Fact Sheets

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**Name:** ORANGES, FRESH

**Category:** Fruits and vegetables.

**Date:** 04/10/98

**Description:**

Fresh oranges of U.S. Grade 1 or better from the state in which they are grown. Size, variety, and case weight will vary depending upon the state in which they are grown.

**Pack Size:**

Cartons weighing 34-45 pounds each. 100-138 count per carton.

**Yield:**

One pound of fresh oranges provides approximately 3 servings of fruit. Each serving yields approximately 1/2 cup of fruit and juice. One pound of fresh oranges will yield approximately 7 1/4-cup servings of fruit sections and juice.

**Uses:**

Serve fresh oranges whole, quartered, or sectioned for breakfast or lunch.

**Storage:**

Store fresh oranges in a well ventilated area, keeping cartons off the floor to improve circulation of air and discourage condensation of moisture on fruit. The ideal storage temperature is 40°F, with a relative humidity of 85-90%.

**Best if Used By**

When properly stored, fresh oranges have a storage life of 28-42 days. Regular inspection is required to determine when quality begins to decline.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **ORANGES, FRESH**

A serving of one orange provides:

Nutrition Facts	
Calories	62
Protein	1 g
Carbohydrate	15 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.1 mg
Calcium	52 mg
Sodium	0 mg
Dietary Fiber	3 g
Vitamin A	28 RE
Vitamin C	70 mg



## NSLP Fact Sheets

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**Name:** PEACHES, CANNED

**Category:** Fruits and vegetables.

**Date:** 10/07/99

**Description:**

U.S. Grade B or better. Canned peaches; yellow freestone or yellow clingstone varieties; halves, quartered, sliced or diced. May be packed with fruit juice or light syrup. Sugar or similar sweetener, such as corn syrup, may be added.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (106 oz.) of peach halves will yield 47.1 1/4-cup servings of peach halves and juice: 64 oz. (8-1/8 cups) of drained cling peach halves or about 60 oz. (6-2/3 cups) of drained freestone peach halves. One #10 can provides approximately 30-35 cling peach halves. One #10 can (106 oz.) of peach slices will yield 47.5 1/4-cup servings of peach slices and juice. One #10 can provides 48.7 1/4-cup servings of diced peaches and juice.

**Uses:**

Serve canned peaches chilled or use in recipes for main dishes, breads, cakes, cookies or desserts.

**Storage:**

Store unopened canned peaches off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration. Avoid freezing. Store opened canned peaches covered, in a nonmetallic container under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Serve peaches chilled in their own juices, or chilled and drained as part of fruit salad or with cottage cheese. Combine with other fresh, canned or frozen fruit for fruit cups or compotes. Add peaches to gelatin. Serve peaches heated as a

## NSLP Fact Sheets

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**Name:** PEACHES, CANNED

garnish for main dishes. Use as directed in recipes specifying peaches.

**Cooking:**

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A 1/4-cup serving of canned peaches with light syrup provides:

Nutrition Facts	
Calories	33
Protein	0 g
Carbohydrate	9 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	1 mg
Sodium	3 mg
Dietary Fiber	0 g
Vitamin A	21 RE
Vitamin C	1 mg

## NSLP Fact Sheets

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**Name:** PEACHES, FREESTONE, INDIVIDUAL SERVING SIZE,

**Category:** Fruits and vegetables.

**Date:** 09/27/99

**Description:**

Diced yellow Freestone peaches packed in individual serving cups. May be packed in corn syrup, sugar, juice or syrup composed of peach puree and sugar. Ascorbic and citric acids are also added.

**Pack Size:**

Cartons containing 96/4-ounce cups.

**Yield:**

One 4-ounce cup of diced peaches, thawed, provides 1/2 cup of fruit and juice.

**Uses:**

Peaches are ready to thaw and serve as a fruit.

**Storage:**

Store frozen peaches in freezer at 0°F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.

Thaw unopened cups of peaches overnight in the refrigerator, spacing containers on shelves for good air circulation. Do not refreeze peaches once thawed.

**Best if Used By**

Frozen peaches are best if used within 18 months when kept under proper storage conditions.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:** PEACHES, FREESTONE, INDIVIDUAL SERVING SIZE,

A 4-ounce cup serving of peaches provides:

Nutrition Facts	
Calories	117
Protein	0 g
Carbohydrate	29 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	3 mg
Sodium	7 mg
Dietary Fiber	2 g
Vitamin A	35 RE
Vitamin C	117 mg

## NSLP Fact Sheets

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**Name:** PEACHES, SLICED FREESTONE, FROZEN

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade A frozen, sliced Freestone peaches; firm ripe but may include 20 percent soft ripe fruit; no mushy peaches allowed. Peaches are packed in a fruit syrup composed of peach puree, dry sugar, ascorbic acid and citric acid.

**Pack Size:**

20-pound carton with plastic bag.

**Yield:**

One pound of frozen, sliced Freestone peaches will yield 7.3 1/4-cup servings of thawed fruit. One pound of frozen, sliced Freestone peaches will yield 7.1 1/4-cup servings of cooked fruit.

**Uses:**

Serve sliced Freestone peaches thawed, alone, as a fruit or in mixed fruit dishes or salads. Use in recipes for cobbler, turnovers, pies or serve as a topping on cakes or frozen yogurt.

**Storage:**

Store frozen peaches in the freezer at 0°F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.

Store opened frozen peaches covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

Frozen peaches are best if used within 18 months when stored under proper conditions.

**Preparation:**

Add to fruit salads or use in recipes for baked products. Do not refreeze sliced peaches.

**Cooking:**

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## NSLP Fact Sheets

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**Name:** PEACHES, SLICED FREESTONE, FROZEN

A 1/4-cup serving of sweetened, sliced peaches provides:

Nutrition Facts	
Calories	59
Protein	0 g
Carbohydrate	14 g
Fat	0.8 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	1 mg
Sodium	3 mg
Dietary Fiber	0 g
Vitamin A	17 RE
Vitamin C	59 mg

## NSLP Fact Sheets

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**Name:** PEANUT BUTTER, REGULAR & REDUCED FAT

**Category:** Meats and meat alternates.

**Date:** 08/31/99

**Description:**

U.S. Grade A. Peanut Butter is finely ground with a smooth texture. If chunky style, the texture is grainy with particles of peanuts. The reduced fat peanut butter contains 25% less fat and peanut flour.

**Pack Size:**

6/5# containers.

**Yield:**

One #10 can (108 oz.) will yield about 97.5 2-tablespoon servings.

**Uses:**

Serve peanut butter in sandwiches and baked items.

**Storage:**

Store peanut butter off the floor in a cool, dry place. Avoid freezing and sudden changes in temperature. Store opened cans of peanut butter covered in refrigerated storage. Rotate use.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	36 months	---
70° F	18 months	---
90° F	9 months	---

**Preparation:**

Peanut butter can be used to flavor pies, cakes and cookies. Add peanut butter to batter for flavorful biscuits. Blend peanut butter and milk to make a vegetable sauce or peanut soup. Mix peanut butter with pudding or with chocolate sauce as a topping for ice cream and desserts.

**Cooking:**

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## NSLP Fact Sheets

**Name: PEANUT BUTTER, REGULAR & REDUCED FAT**

A two tablespoon serving of regular peanut butter provides:

Nutrition Facts	
Calories	190
Protein	7 g
Carbohydrate	6 g
Fat	16.1 g
Saturated Fat	3.1 g
Cholesterol	0 mg
Iron	0.54 mg
Calcium	11 mg
Sodium	154 mg
Dietary Fiber	1 g
Vitamin A	0 RE
Vitamin C	0 mg

Two tablespoons of reduced fat peanut butter provides: (Nutrient information was obtained from industry sources. Reduced Fat Peanut Butter will be included in the National Nutrient Database for Child Nutrition Programs (NND-CNP).

Nutrition Facts	
Calories	160
Protein	9 g
Carbohydrate	7 g
Fat	11.0 g
Saturated Fat	2.0 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	12 mg
Sodium	57 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg



## NSLP Fact Sheets

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**Name:** PEANUTS, ROASTED, SHELLED & GRANULES

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Roasted peanuts (shelled) unsalted, of the Virginia, runner, or Spanish variety.  
Peanut granules are chopped roasted peanuts.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (56 oz.) of peanut granules or 1 #10 can (64 oz.) of roasted peanuts equals 11.9 cups of nuts.

**Uses:**

Serve roasted peanuts and peanut granules plain or add to casseroles, stuffing, muffins, baked items, salads and desserts.

**Storage:**

Store unopened cans of peanuts in cool, dry place. Store opened peanuts covered in the refrigerator and use as soon as possible.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	60 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Use roasted peanuts in granola bars and cereal; combine with raisins for a nutritious snack. Add roasted peanuts to muffins, cakes and desserts or use in stuffing for chicken, turkey or pork. Roasted peanuts can be chopped into peanut granules. Add to vegetable and rice dishes or use as a coating for chicken. Add to cakes, cookies and frostings or use as a garnish over casseroles, pudding, gelatin or ice cream.

NOTE: Nuts and seeds meet no more than 50 percent of the meat and meat alternate requirement for lunch/supper patterns in USDA's Child Nutrition Programs and must be combined in the meal with at least 50 percent of other

## NSLP Fact Sheets

**Name:** PEANUTS, ROASTED, SHELLED & GRANULES

meat or meat alternates. Any meat or meat alternate must be served in the main dish or in the main dish and one other menu item.

### Cooking:

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A 1-ounce serving of shelled, chopped roasted peanuts, provides:

Nutrition Facts	
Calories	165
Protein	7 g
Carbohydrate	5 g
Fat	14.0 g
Saturated Fat	1.9 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	25 mg
Sodium	1 mg
Dietary Fiber	2 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** PEARS, BARLETT, CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better. Bartlett pears, canned; halves, quartered, sliced or diced; natural flavor packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices or unsweetened pear juice.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (105 oz.) of pear halves yields 52 1/4-cup servings of fruit and juice (approximately 52 halves). One #10 can (106 oz.) of diced pears yields 47.6 1/4-cup servings of fruit and juice. Approximate drained weight of a #10 can of halves is 62 oz. (7-3/4 cups); of diced, 66 oz. (9-1/2 cups). One pear half provides about 1/4-cup fruit.

**Uses:**

Serve canned pears chilled or use in recipes for main dishes, breads, salads or desserts.

**Storage:**

Store unopened canned pears off the floor in a clean, dry place. Temperature changes shorten shelf life and speed deterioration. Avoid freezing. Store opened canned pears covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	36 months	---
70° F	18 months	---
90° F	9 months	---

**Preparation:**

Serve canned pears chilled in juice or light syrup or chilled and drained as part of a salad or dessert. Canned pears may be used in baked cobblers, crisps, etc. They also may be served at breakfast, alone or over cereal. Canned pears may

## NSLP Fact Sheets

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**Name:** PEARS, BARLETT, CANNED

be combined with fresh fruit or gelatin in a salad or dessert.

**Cooking:**

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A 1/4-cup serving of canned pears, in light syrup, provides:

Nutrition Facts	
Calories	36
Protein	0 g
Carbohydrate	9 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	3 mg
Sodium	3 mg
Dietary Fiber	1 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** PEARS, FRESH

**Category:** Fruits and vegetables.

**Date:** 03/15/01

**Description:**

U.S. Grade 2 or better. Fresh pears, Bosc or D'Anjou winter varieties.

**Pack Size:**

45-pound case.

**Yield:**

Depending on the size of the pear, a 45-pound case may contain 135 to 165 pears. The fewer the pears per case, the larger the individual pear size. Each case shows the pear size by count. A "count" of 150 means 150 pears per case.

One small fresh pear (size 150) provides about 1/2-cup of fruit. One pound of fresh pears yields 7.1 1/4-cup servings of fresh pared and cubed fruit.

**Uses:**

Serve fresh pears whole or sliced and use in salads or desserts. Serve baked or as a garnish for main dishes. Use diced fresh pears in stuffing for fish, pork, poultry or broiled with hamburgers. Add sliced pears to fresh fruit salad.

**Storage:**

The best storage temperature for pears is 32 to 35°F (although 32°F is acceptable) with a relative humidity of 90 - 95 percent. Keep pears in a well-ventilated area away from walls. The length of time pears can be stored depends on the variety and the district where they are grown, as well as the condition when harvested.

**Best if Used By**

Most winter varieties of fresh pears are best if used within 3 months.

**Preparation:**

Ripen fruit in original containers at 65 to 70°F and, if possible, 90 - 95 percent relative humidity. Indications of being ripe are a yellow skin color, pear aroma and flesh that gives to gentle palm pressure.

Handle fresh pears gently to prevent bruising. Rinse in cool water and dry before serving. To prevent cut pears from browning, dip in a lemon juice and water solution, 1 part juice to 3 parts water.

## NSLP Fact Sheets

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**Name:** PEARS, FRESH

**Cooking:**

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One 2-1/2" diameter, 3-1/2" long pear with skin provides:

Nutrition Facts	
Calories	98
Protein	0 g
Carbohydrate	25 g
Fat	0.7 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	18 mg
Sodium	0 mg
Dietary Fiber	4 g
Vitamin A	3 RE
Vitamin C	6 mg

## NSLP Fact Sheets

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**Name:** PEAS, BLACK-EYED, CANNED OR DRY

**Category:** Meats and meat alternates.

**Date:** 08/18/97

**Description:**

Black-eyed peas, dried. Canned black-eyed beans packed in salt water.

**Pack Size:**

25 pound bag or 6/#10 cans per case.

**Yield:**

One pound of dry black-eyed peas yields 28.3 1/4-cup servings of cooked beans. One #10 can of black-eyed peas (105 oz.), including liquid, yields 43 1/4-cup servings of heated peas and drained yields approximately 72 oz. (11-3/8 cups) of heated peas.

**Uses:**

Black-eyed peas may be used in bean salads, soups, chili, entrees or as a vegetable. Serve black-eyed peas with pork or chicken. Canned black-eyed peas may be substituted for cooked dry black-eyed peas in any recipe. Some or all of the salt in the recipe should be omitted when canned peas are used in place of cooked dry peas.

**Storage:**

Store dry and canned black-eyed peas off the floor in a cool, dry place. High temperatures cause hardening of dry black-eyed peas; high humidity may cause mold. Store cooked black-eyed peas covered, in a nonmetallic container, under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	72 months	Canned
40° F	24 months	Dry
70° F	36 months	Canned
70° F	12 months	Dry
90° F	18 months	Canned
90° F	9 months	Dry

**Preparation:**

## NSLP Fact Sheets

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**Name: PEAS, BLACK-EYED, CANNED OR DRY**

Dry beans: sort peas to remove foreign matter and rinse in cold water. Soaking shortens cooking time and ensures that the peas will hold their shape.

TO SOAK: Overnight Method:

Add dry beans to cold water. Cover. Let stand in refrigerator overnight. Cook immediately after soaking period.

Longer periods of soaking are not recommended.

Quick Soak Method:

Pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### Cooking:

Use approximately 1-3/4 quarts boiling water for each pound of beans. One pound of black-eyed peas equals about 2-3/4 cups. Add 1/2 teaspoon salt for every pound of beans, if desired. Cook for approximately 1/2 hour. Add additional boiling water if beans become dry. Drain, if desired. Serve or use in recipes.

A 1/4-cup serving of cooked, drained, dry black-eyed peas with no added salt provides:

Nutrition Facts	
Calories	50
Protein	3 g
Carbohydrate	8 g
Fat	0.2 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	1.1 mg
Calcium	10 mg
Sodium	1 mg
Dietary Fiber	2 g
Vitamin A	0 RE
Vitamin C	0 mg



## NSLP Fact Sheets

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**Name:** PEAS, GREEN, CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better. Green peas of the sweet or early variety.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (105 oz.) of canned green peas yields 44.2 1/4-cup portions of heated vegetable. One #10 can equals about 69 oz. (11-1/2 cups) of drained vegetable.

**Uses:**

Serve canned green peas heated in soups, salads and main dishes. Serve canned green peas with small new potatoes, pearl onions and/or turnips.

Combine green peas with carrots, dill seed or with onions and chopped pimento.

**Storage:**

Store unopened canned green peas off the floor in a cool, dry place. Avoid freezing or exposure to direct sunlight. Sudden temperature changes shorten shelf life and speed deterioration. Store opened canned green peas covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	72 months	---
70° F	36 months	---
90° F	18 months	---

**Preparation:**

TO HEAT:

Drain off half the liquid in the can. Pour green peas and remaining liquid into a stock pot or steam-jacketed kettle.

Heat long enough to bring to serving temperature. Do not allow to boil.

## NSLP Fact Sheets

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**Name:** PEAS, GREEN, CANNED

OR

Pour green peas and remaining liquid into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two #10 cans. Heat in steamer at 5 lbs. pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule heating of canned green peas so they will be served soon after heating.

Add flavor to canned green peas by using herbs and spices such as basil, mint, marjoram or oregano.

### Cooking:

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A 1/4-cup serving of drained, heated green peas provides:

Nutrition Facts	
Calories	35
Protein	1 g
Carbohydrate	5 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	9 mg
Sodium	93 mg
Dietary Fiber	1 g
Vitamin A	32 RE
Vitamin C	3 mg

## NSLP Fact Sheets

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**Name:** PEAS, GREEN, FROZEN

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better. Frozen peas with no additives except salt used during processing.

**Pack Size:**

30-pound container.

**Yield:**

One pound of frozen green peas yields 10.1 1/4-cup servings of cooked vegetable.

**Uses:**

Serve frozen green peas cooked or use in soups, salads and main dishes.  
Serve green peas with small new potatoes, pearl onions and/or turnips.

Combine green peas with carrots, dill seed or onions and chopped pimento.

**Storage:**

Store unopened frozen green peas at 0°F or below, off the floor and away from walls to allow circulation of cold air. Temperature fluctuations shorten shelf life and speed deterioration.

Store opened thawed green peas covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

Frozen peas are best if used within 14 months.

**Preparation:**

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**Cooking:**

Stock pot or steam-jacketed kettle: Add frozen green peas to boiling water. If desired, add 1 teaspoon seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.

Steamer: Place frozen green peas in a single layer in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. If desired, sprinkle 1 teaspoon of

## NSLP Fact Sheets

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**Name: PEAS, GREEN, FROZEN**

seasoning over each 100 servings of vegetable and stir to combine. Cook frozen vegetables only until tender but crisp; they may continue to cook when held on a hot steam table or in a holding cabinet. Green peas will become overcooked if held too long.

Schedule cooking of frozen green peas so they will be served soon after cooking. Most frozen vegetables can be cooked without thawing.

A 1/4-cup serving of cooked, frozen green peas with no added salt provides:

Nutrition Facts	
Calories	35
Protein	1 g
Carbohydrate	4 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	9 mg
Sodium	39 mg
Dietary Fiber	2 g
Vitamin A	32 RE
Vitamin C	3 mg

## NSLP Fact Sheets

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**Name:** PEAS, SPLIT, AND LENTILS, DRY

**Category:** Meats and meat alternates.

**Date:** 08/18/97

**Description:**

Dry split peas of the yellow or green variety. Lentils.

**Pack Size:**

25-pound bag

**Yield:**

One pound of split peas yields 23.1 1/4-cup servings of cooked peas. One pound of lentils yields 29.6 1/4-cup servings of cooked lentils.

**Uses:**

Use cooked dry split peas and lentils in soups, salads, casseroles, entrees or as meat extenders. Lentils are ready to eat after cooking. Season with butter, herbs or spices.

**Storage:**

Store dry split peas and lentils in a cool, dry place. High temperatures cause peas and lentils to harden and high humidity causes mold. Store cooked split peas and lentils covered, in a nonmetallic container under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	9 months	---

**Preparation:**

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**Cooking:**

Cook dry split peas without soaking OR add split peas to boiling water. Boil 2 minutes. Remove from heat and let soak 1/2 hour. Use approximately 1-1/4 quarts boiling water for each pound of split peas. One pound of split peas equals about 2-1/4 cups. Add 1/2 teaspoon salt for every pound of split peas, if desired. Cook for approximately 20 minutes. Cook split peas in small batches

## NSLP Fact Sheets

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**Name: PEAS, SPLIT, AND LENTILS, DRY**

to retain their shape and to avoid mashing.

Drain and use in recipes.

Cook lentils without soaking. Use approximately, 1-3/4 quarts boiling water for each pound of lentils. One pound of lentils equals about 2-3/8 cups. Add 1/2 teaspoon salt for every pound of lentils, if desired. Cook for approximately 1/2 hour. Drain; use in recipes or serve. Use dry split peas and lentils as meat extenders: To provide 100 2-ounce servings, combine 16 pounds of ground beef with 3/4 pound pureed lentils or combine 15 pounds of ground beef with 1-1/2 pounds of pureed split peas and add tomato sauce to make a meat sauce for spaghetti.

## NSLP Fact Sheets

**Name: PEAS, SPLIT, AND LENTILS, DRY**

A 1/4-cup serving of cooked lentils with no added salt, provides:

Nutrition Facts	
Calories	58
Protein	4 g
Carbohydrate	10 g
Fat	0.2 g
Saturated Fat	0.03 g
Cholesterol	0 mg
Iron	1.7 mg
Calcium	9 mg
Sodium	1 mg
Dietary Fiber	3 g
Vitamin A	0 RE
Vitamin C	0 mg

A 1/4-cup serving of cooked split peas with no added salt provides:

Nutrition Facts	
Calories	58
Protein	4 g
Carbohydrate	10 g
Fat	0.2 g
Saturated Fat	0.03 g
Cholesterol	0 mg
Iron	0.6 mg
Calcium	6 mg
Sodium	1 mg
Dietary Fiber	4 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** PINEAPPLE, CANNED

**Category:** Fruits and vegetables.

**Date:** 08/10/01

**Description:**

U.S. Grade B or better. Tidbits, chunks, or crushed pineapple with light syrup or pineapple juice. Sugar or similar sweetener may be added.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (106 oz.) of PINEAPPLE CHUNKS yields 50 1/4-cup servings of fruit and juice. Approximate drained weight of one can of PINEAPPLE CHUNKS is 66 ounces (10 cups). One #10 can (107 oz.) of CRUSHED PINEAPPLE yields 49.3 1/4-cup servings of fruit and juice. Approximate drained weight of one can of CRUSHED PINEAPPLE is 74 ounces (10 7/8 cups). servings).

**Uses:**

Serve pineapple chilled with juices or syrup or chilled and drained as part of fruit salads or to garnish cottage cheese. Combine with other canned, fresh or frozen fruit for fruit cups or compotes. Serve heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying pineapple.

**Storage:**

Store unopened pineapple off the floor in a cool, dry place. Avoid freezing. High temperatures reduce storage life. Store opened canned pineapple covered, in a nonmetallic container under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **PINEAPPLE, CANNED**

A 1/4-cup serving of canned pineapple chunks packed in light syrup provides:

Nutrition Facts	
Calories	32
Protein	0 g
Carbohydrate	0 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	8 mg
Sodium	0 mg
Dietary Fiber	2 g
Vitamin A	0 RE
Vitamin C	4 mg

## NSLP Fact Sheets

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**Name:** PLUMS, PITTED, DRIED

**Category:** Fruits and vegetables.

**Date:** 01/11/01

**Description:**

Whole, pitted, dried plums, U.S. Grade B or better. Size ranges from small to large.

**Pack Size:**

25-pound carton.

**Yield:**

One pound of dried plums yields 10.6 1/4-cup portions of dry fruit (about 6 medium dried plums per portion). One pound of dried plums yields 14.7 1/4-cup portions of cooked fruit and juice.

**Uses:**

Serve dried pitted plums as is, in cereals, salads, baked items or as a garnish (hot or cold) for main dishes. Add chopped dried plums to quick breads, muffins, cookies, cakes and stuffing to help retain moisture and add flavor. Fold in sliced dried plums to enhance vegetable dishes.

**Storage:**

Store dried pitted plums in the original shipping containers off the floor in a cool, dry place. Refrigerated storage at 35 to 40°F is preferred, although temperatures up to 70°F are satisfactory. After opening dried plums, carefully fold down the poly bag liner, turn carton upside down to seal, and store in the refrigerator.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	18 months	---
70° F	9 months	---
90° F	5 months	---

**Preparation:**

TO PLUMP:

Soften dried plums by combining them with equal amounts (2-1/2 cups per pound) of hot or cold water or fruit juice. Cover and refrigerate at least 24 hours. After

## NSLP Fact Sheets

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**Name: PLUMS, PITTED, DRIED**

plumping, plums may be chopped and mixed in a bowl by hand or with a mixer at medium speed for 1 to 2 minutes. For easier chopping, use an oiled knife or blade.

### Cooking:

Bring equal amounts of plums and water to a boil. Cover, reduce heat and simmer 7-10 minutes or pour on enough boiling water to cover plums; cover and refrigerate at least 24 hours.

Make dried, pitted plums easier to chop by mixing in 1 tablespoon of salad oil per pound before chopping. (Dried plums may also be prepared the same as raisins.)

A 1/4-cup serving of cooked plums, without added sugar provides:

Nutrition Facts	
Calories	57
Protein	0 g
Carbohydrate	14 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.6 mg
Calcium	12 mg
Sodium	1 mg
Dietary Fiber	0 g
Vitamin A	16 RE
Vitamin C	1 mg

## NSLP Fact Sheets

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**Name:** PLUMS, PURPLE, CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

Purple plums, whole (unpeeled, unpitted) or halves (unpeeled, pitted) in fruit juice or light syrup. Sugar or similar sweetener may be added. U.S. Grade B or better.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (108 oz.) of whole purple plums yields 52.3 1/4-cup servings of fruit and juice. Approximate drained weight of one can is 59 ounces (7-1/4 cups) of fruit. There are approximately 95 whole plums per #10 can.

**Uses:**

Serve purple plums chilled in syrup or juice or drained; add to fruit cups or compotes. Lemon juice intensifies the natural flavor of the fruit; spices or almond extract complement its natural flavor. Chopped purple plums can be added to muffins or used in place of raisins in cinnamon rolls. Serve drained and heated or at room temperature as an accompaniment to meat dishes.

**Storage:**

Store unopened canned purple plums off the floor in a cool storeroom or in refrigerated storage. Avoid freezing or sudden changes in temperature. Rotate use. Temperature changes shorten shelf life and speed deterioration of the plums. Store opened canned plums covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	36 months	---
70° F	18 months	---
90° F	9 months	---

**Preparation:**

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## NSLP Fact Sheets

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**Name:** PLUMS, PURPLE, CANNED

**Cooking:**

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A 1/4-cup serving of pitted purple plums in light syrup provides:

Nutrition Facts	
Calories	40
Protein	0 g
Carbohydrate	10 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	6 mg
Sodium	13 mg
Dietary Fiber	0 g
Vitamin A	16 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** PORK PATTY, RIB SHAPED, GROUND, FULLY

**Category:** Meats and meat alternates.

**Date:** 08/15/00

**Description:**

Rib-shaped pork patties are formulated from 84% lean pork mixed with a barbecue seasoning. After the manufacturer's cooking process, grill marks appear on each patty.

**Pack Size:**

Each 36 pound carton contains approximately 262 patties.

**Yield:**

Each raw patty, when cooked, will yield 2 ounces of cooked lean meat.

**Uses:**

The pork rib-shaped patty makes an excellent sandwich served on a bun with barbecue sauce, sliced onions and dill pickle chips.

**Storage:**

Frozen pork rib-shaped patties should be stored at 0°F or below.

**Best if Used By**

Frozen pork rib-shaped patties are best if used within 6 months.

**Preparation:**

DO NOT THAW PATTIES BEFORE HEATING.

**Cooking:**

Frozen pork rib-shaped patties should be cooked from the frozen state. Place patties on a sheet tray and heat to an internal temperature of 145°F using a thermometer to test the temperature. Bake patties in a deck or convection oven at 350°F for 12 to 15 minutes if frozen and for 8 to 10 minutes if thawed; bake in a conventional oven at 350°F for 15 to 20 minutes if frozen and 12 to 15 minutes if thawed. Refrigerate leftovers and use within 2 days.

## NSLP Fact Sheets

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**Name:** PORK PATTY, RIB SHAPED, GROUND, FULLY

A 2.25-ounce serving (64g) of a cooked rib-shaped patty provides:

Nutrition Facts	
Calories	133
Protein	10 g
Carbohydrate	4 g
Fat	8.4 g
Saturated Fat	2.9 g
Cholesterol	32 mg
Iron	0.6 mg
Calcium	19 mg
Sodium	377 mg
Dietary Fiber	0 g
Vitamin A	53 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** PORK SAUSAGE AND VPP, BULK OR PATTIES,

**Category:** Meats and meat alternates.

**Date:** 06/19/01

**Description:**

Frozen pork sausage made from U.S. inspected fresh pork (80%) and fortified vegetable protein product (20%). A spicy and mild version of the sausage product is available.

**Pack Size:**

UNCOOKED:

Bulk: 40 pound carton.

Patties (1.5 oz.): approximately 426 patties per 40 pound carton.

Patties (3 oz.): approximately 213 patties per 40 pound carton.

**Yield:**

One pound (raw) provides 11.4 ounces (cooked) of meat/meat alternate. One 3-ounce patty (raw) provides 2 ounces (cooked) of meat/meat alternate. Two 1.5-ounce patties (raw) provide 2 ounces (cooked) of meat/meat alternate.

**Uses:**

Use as a breakfast item or in combination dishes such as pizza, chili, lasagna, burritos, tacos, tamale pie, Spanish rice, and spaghetti with meat sauce.

**Storage:**

Store frozen ground bulk sausage and sausage patties at 0°F or below. Store in original shipping containers or casings.

**Best if Used By**

This sausage product is best if used within 3 months.

**Preparation:**

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**Cooking:**

Cook pork sausage within 24 hours after thawing. Place patties on sheet pans and heat thoroughly to an internal temperature of 155°F. Cooking time and temperature are critical to product acceptability. Patties may also be pan-fried or pan-broiled.



## NSLP Fact Sheets

**Name:** PORK SAUSAGE AND VPP, BULK OR PATTIES,

A 1½-ounce patty (cooked) provides:

Nutrition Facts	
Calories	100
Protein	6 g
Carbohydrate	0 g
Fat	8.0 g
Saturated Fat	2.0 g
Cholesterol	30 mg
Iron	0.35 mg
Calcium	0 mg
Sodium	220 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	1 mg

A 3-ounce patty (cooked) provides:

Nutrition Facts	
Calories	200
Protein	13 g
Carbohydrate	0 g
Fat	16.0 g
Saturated Fat	4.0 g
Cholesterol	60 mg
Iron	0.7 mg
Calcium	0 mg
Sodium	440 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	2 mg

## NSLP Fact Sheets

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**Name:** PORK SAUSAGE, BULK, PATTIES OR LINKS, FROZEN

**Category:** Meats and meat alternates.

**Date:** 06/19/01

**Description:**

Sausage made from ground pork. Seasonings may include salt, sugar, white pepper, sage, red pepper and rosemary. A spicy version of the sausage product is available. May be fully cooked or raw. Links come in an edible collagen casing.

**Pack Size:**

UNCOOKED: BUL  
40 pound carton.  
PATTIES: (1.5 oz.): approximately 426 patties per 40 pound carton.  
PATTIES: (3 oz.): approximately 213 patties per 40 pound carton.  
LINKS: (1.5 oz.): 10-11 links per pound, 400-440 links per 40 pound carton.

Cooked:

Patties: (1.3 oz.) Approximately 492 patties per 40 pound carton.  
PATTIES: (2.6 oz.): Approximately 246 patties per 40 pound carton.  
LINKS: (1.3 oz.): 11-13 links per pound, 440-520 links per 40 pound carton.

**Yield:**

BULK: one pound (16 oz.) of raw pork sausage provides approximately 11.8 ounces of cooked lean meat.

PATTIES: one 3-ounce raw patty when cooked or one 2.6 ounce fully cooked patty provides 2.6 ounces of cooked meat. Two 1.5-ounce raw patties, when cooked, or two 1.3-ounce fully cooked patties provides 2.6 ounces of cooked lean meat.

LINKS: Two 1.5 ounce raw links, when cooked, or two 1.3 ounce fully cooked links provides 2.6 ounces of cooked lean meat.

**Uses:**

Use alone as a breakfast item, or in combination dishes such as pizza, chili, lasagna, burritos, tacos, tamale pie and spaghetti with meat sauce.

**Storage:**

Store frozen ground sausage at 0°F or below. Store in original shipping containers or cases.

## NSLP Fact Sheets

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**Name:** PORK SAUSAGE, BULK, PATTIES OR LINKS, FROZEN

### Best if Used By

Frozen pork sausage is best if used within 3 months.

### Preparation:

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### Cooking:

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Each 1.3 ounce fully cooked pork sausage provides:

Nutrition Facts	
Calories	98
Protein	7 g
Carbohydrate	0 g
Fat	7.5 g
Saturated Fat	4.1 g
Cholesterol	36 mg
Iron	0.4 mg
Calcium	3 mg
Sodium	199 mg
Dietary Fiber	0 g
Vitamin A	6 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** PORK, CANNED WITH NATURAL JUICES

**Category:** Meats and meat alternates.

**Date:** 06/14/99

**Description:**

Pork with no more than 0.5% salt added for flavor.

**Pack Size:**

24/29 ounce (#2-1/2) cans per case.

**Yield:**

One 29-ounce can will provide 14.7 1-ounce portions of heated meat.

**Uses:**

Canned pork is thoroughly cooked during processing and may be used in main dishes, such as barbecue pork, pizza, spaghetti sauce and casseroles.

**Storage:**

Store unopened canned pork off the floor in a cool, dry place. Store opened canned pork covered, in a nonmetallic container under refrigeration and use within 2 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	60 months	---
70° F	36 months	---
90° F	18 months	---

**Preparation:**

Place canned pork in refrigerator overnight, if desired, for easy removal of fat from meat. You may discard fat or use the natural juices from the pork as part of the liquid required by any main dish or soup recipe. Chill only as many cans as will be needed for 1 day's use. Using a can opener, remove both the bottom and top lids of the can and push the pork through with the bottom lid.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **PORK, CANNED WITH NATURAL JUICES**

A 2-ounce portion of canned pork, cooked, fat removed, provides:

Nutrition Facts	
Calories	88
Protein	10 g
Carbohydrate	0 g
Fat	4.4 g
Saturated Fat	1.6 g
Cholesterol	38 mg
Iron	1.2 mg
Calcium	0 mg
Sodium	0 mg
Dietary Fiber	3 g
Vitamin A	192 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** PORK, FINE GROUND, FROZEN

**Category:** Meats and meat alternates.

**Date:** 07/09/01

**Description:**

Fine ground pork. The average fat content is 16%.

**Pack Size:**

40-pound case of four 10 pound chubs.

**Yield:**

One pound of cooked fine ground pork will provide 11.6 1-ounce servings of meat.

**Uses:**

Serve fine ground pork alone as patties or use in combination dishes. For example: chili, meat loaf, pizza, spaghetti and lasagna. Fine ground pork may be used in combination with ground beef.

**Storage:**

Store frozen fine ground pork in original shipping containers off the floor at 0°F or below.

**Best if Used By**

Frozen fine ground pork is best if used within 9 months.

**Preparation:**

Thaw only the amount needed for 1 day's use. Avoid leftovers. Schedule thawing so that the meat will be cooked soon after it is thawed. Do not thaw at room temperature or in water. Remove from carton and thaw in original wrappings in refrigerator (35 to 40°F). Space blocks or packages of meat on refrigerator shelves so that air can circulate around them. Allow 1-1/2 hours per pound of meat for thawing. Cook fine ground pork within 24 hours after thawing. Do not refreeze. Cook at low to moderate heat until fully cooked.

Pork is done when juice is clear with no pink color.

**Cooking:**

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## NSLP Fact Sheets

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**Name:** PORK, FINE GROUND, FROZEN

A 1-ounce serving of cooked fine ground pork provides:

Nutrition Facts	
Calories	75
Protein	6 g
Carbohydrate	0 g
Fat	5.2 g
Saturated Fat	1.9 g
Cholesterol	29 mg
Iron	0.4 mg
Calcium	2 mg
Sodium	21 mg
Dietary Fiber	0 g
Vitamin A	1 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** PORK, FRESH HAM ROAST, BONELESS

**Category:** Meats and meat alternates.

**Date:** 02/29/00

**Description:**

This product is a frozen (pork) fresh ham (leg) roast prepared from U.S. inspected fresh domestic pork.

**Pack Size:**

Each container will be packed to a net weight of 32-40 pounds with one type of roast. Individual roasts will be individually wrapped or vacuum packaged. Individual roasts will be 5-9 pounds.

**Yield:**

One pound of raw boneless roast provides 12 1-ounce servings of cooked meat.

**Uses:**

When cooked, can be served sliced, diced and chopped for sandwiches, salads, casseroles and entree items.

**Storage:**

Store the product at or below 0°F in original shipping container.

**Best if Used By**

Pork, fresh ham roast can be stored, frozen, for 6-12 months. For maximum quality, the Best If Used By date would dictate that roasts should be used before 6 months. If kept at 0°F, it will last up to 12 months, but product may tend to have a lesser quality. After thawing, cook roasts within 24 hours.

**Preparation:**

TO THAW: Remove packages from shipping containers and place them in single layers on sheet pans in the refrigerator. At temperatures ranging from 38-45°F, it will take 1-2 days to thaw the meat sufficiently. Frozen meat may be roasted without thawing first. Increase the roasting time by approximately 1½ times.

**Cooking:**

Wash and season fresh ham roast. Preheat oven to 325°F and allow approximately 20-25 minutes per pound. Internal temperature of the roasts should reach 155-160°F.



## NSLP Fact Sheets

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**Name:** PORK, FRESH HAM ROAST, BONELESS

A 3-ounce serving (85 grams) of fresh ham, heated, provides:

Nutrition Facts	
Calories	175
Protein	26 g
Carbohydrate	0 g
Fat	7.0 g
Saturated Fat	2.0 g
Cholesterol	81 mg
Iron	1.0 mg
Calcium	6 mg
Sodium	55 mg
Dietary Fiber	0 g
Vitamin A	8 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** POTATO WEDGES, FROZEN

**Category:** Fruits and vegetables.

**Date:** 02/09/99

**Description:**

Potato wedges are prepared from clean, sound, white-fleshed potatoes, and may include binding ingredients and/or seasonings. They may or may not include the peel. No artificial colors, preservatives, or flavor enhancers such as monosodium glutamate may be added.

**Pack Size:**

6/5-pound packages per 30 pound case.

**Yield:**

One pound of potato wedges provides approximately 10.6 1/4-cup servings of vegetable.

**Uses:**

Potato wedges contain significantly less fat than French fried potatoes and potato rounds, and are an excellent alternative to these products.

**Storage:**

Store frozen potato wedges in the original shipping containers off the floor at 0°F or below. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.

**Best if Used By**

Frozen potato wedges are best if used within 12 months.

**Preparation:**

Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan. This permits sufficient air flow and speeds cooking time. Crowding them in the pan may result in soggy potatoes.

**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **POTATO WEDGES, FROZEN**

A 1/4-cup serving of heated potato wedges provides:

Nutrition Facts	
Calories	52
Protein	1 g
Carbohydrate	10 g
Fat	0.9 g
Saturated Fat	0.2 g
Cholesterol	0 mg
Iron	0.2 mg
Calcium	6 mg
Sodium	20 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	4 mg

## NSLP Fact Sheets

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**Name:** POTATOES, DEHYDRATED, DICED

**Category:** Fruits and vegetables.

**Date:** 03/08/00

**Description:**

Dehydrated diced potatoes are produced from clean, sound, white to pale yellow-fleshed potato pieces or whole potatoes. There are two types available: with peel and without peel.

**Pack Size:**

Cases of six 2 1/2-pound containers.

**Yield:**

One 2 1/2-pound carton of dehydrated potatoes will yield approximately 58 1/2-cup servings of potato ready to eat, and 2/3 ounce of dry potato will yield 1/2 cup of cooked potato.

**Uses:**

Use as a side dish or recipe ingredient in mixed dishes for breakfast and lunch.

**Storage:**

Store unopened diced potatoes in a cool, dry place at under 85°F. Store opened potatoes in a refrigerator in airtight containers.

**Best if Used By**

This product is best if used within 6-12 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

**Name:** POTATOES, DEHYDRATED, DICED

A 1/2-cup serving of prepared potato dices provides:

Nutrition Facts	
Calories	76
Protein	1 g
Carbohydrate	18 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	0 mg
Sodium	19 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	3 mg

A 3½ ounce serving of dehydrated potato dices provides:

Nutrition Facts	
Calories	351
Protein	7 g
Carbohydrate	81 g
Fat	0.6 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	1.7 mg
Calcium	44 mg
Sodium	79 mg
Dietary Fiber	7 g
Vitamin A	0 RE
Vitamin C	30 mg

## NSLP Fact Sheets

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**Name:** POTATOES, FRENCH FRIED AND ROUNDS, FROZEN

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

Oven Fries: Frozen French-fried potatoes, U.S. Grade A, that have been crinkle cut, then fried or blanched in oil. Potato strips will be from 3/8" to 1/2" across and 50% or more will be 2" or longer. Preformed potato rounds: White potatoes, with spices and stabilizers (no artificial color, preservatives, or flavor enhancers allowed).

**Pack Size:**

6/5-pound packages.

**Yield:**

One pound of regular crinkle-cut French fries yields 13.7 1/4-cup servings (about five pieces each). One pound of potato rounds yields 12.7 1/4-cup servings (about four pieces each).

**Uses:**

Serve French fries or potato rounds plain.

**Storage:**

Store frozen potatoes in the original shipping containers off the floor at 0°F or below. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully: a 3-foot drop will break about one third of the pieces.

**Best if Used By**

Frozen potatoes are best if used within 12 months.

**Preparation:**

- Keep potatoes frozen until ready to use.
- Remove from freezer only the quantity for 1 day's use.
- Spread frozen potatoes (rounds or fries) in a single layer on a sheet pan. This permits sufficient air flow and speeds cooking time. Crowding them in the pan results in soggy potatoes.

**Cooking:**

TO HEAT:

OVEN-TYPE CRINKLE-CUT:

## **NSLP Fact Sheets**

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**Name: POTATOES, FRENCH FRIED AND ROUNDS, FROZEN**

Conventional oven: 20 to 26 minutes at 450°F.

Convection oven: 12 to 13 minutes at 425°F. (Time based on a two pan oven load of 2 lb., 8 oz. per pan.) Heat until golden brown and crisp. SERVE IMMEDIATELY.

PREFORMED POTATO ROUNDS:

Conventional oven: About 24 minutes at 475°F.

Convection oven: About 15 minutes at 450°F. (Times based on full oven load, potatoes spread one layer deep.) Heat until golden brown and crisp. SERVE IMMEDIATELY.

FRY-TYPE CRINKLE-CUT:

Fill clean deep-fat fryer with fat or oil only to fill line. Heat to 350 - 360°F. Do not overheat, maintain proper temperature.

Fill basket about 1/2 full. Do not overload.

Fry 2 - 5 minutes or until golden brown. Drain and season, as desired. SERVE IMMEDIATELY.

## NSLP Fact Sheets

**Name:** POTATOES, FRENCH FRIED AND ROUNDS, FROZEN

A 1/4-cup serving of oven heated potato rounds provides:

Nutrition Facts	
Calories	65
Protein	0 g
Carbohydrate	8 g
Fat	3.7 g
Saturated Fat	1.5 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	2 mg
Sodium	213 mg
Dietary Fiber	1 g
Vitamin A	0 RE
Vitamin C	1 mg

A 1/4-cup serving of oven heated, unsalted French fries provides:

Nutrition Facts	
Calories	56
Protein	0 g
Carbohydrate	8 g
Fat	2.2 g
Saturated Fat	0.3 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	2 mg
Sodium	8 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	2 mg



## NSLP Fact Sheets

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**Name:** POTATOES, FRESH (BAKING TYPE)

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

Whole, fresh potatoes, Russet Burbanks, U.S. Grade 1. Potatoes may have been treated with a sprout inhibitor.

**Pack Size:**

50-pound container, 100 or 110 potatoes (count not to exceed 5% over or under the specified size).

**Yield:**

Approximate weights of potatoes: depending upon the size of the potato, the 100-count box contains between 95 and 105 potatoes (7-9 oz.) and the 110-count box contains between 105 and 115 potatoes (6-8 oz.). The average weight of a large potato is about 7 ounces.

One pound of baking potatoes, as purchased, yields 0.81 pound of baked potato with skin. A serving of one half of a cooked large potato provides about 1/2-cup of vegetable.

**Uses:**

Serve potatoes baked. Top the potato with cheese, chili, broccoli, taco filling or a combination of ingredients.

**Storage:**

Store potatoes in a cool, dry, dark and well-ventilated place. The ideal temperature of 45°F will keep potatoes for 60-80 days. Excessive temperatures (above 50°F) encourage sprouting and shriveling. Avoid prolonged exposure to light as it will turn the outer skins green and cause a bitter flavor. Do not refrigerate potatoes as a temperature below 40°F causes potato starch to turn to sugar and the potato becomes sweet. The increased accumulation of sugar will cause the potato to darken when cooked.

**Best if Used By**

Fresh baking potatoes are best if used within 60 days.

**Preparation:**

Soak and scrub potatoes to remove dirt but not hard enough to break the skin. Do not remove the skin of the potato. Skins are rich sources of important nutrients. To prevent possible bursting in the oven, the skin should be pierced with a fork to

## NSLP Fact Sheets

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**Name:** POTATOES, FRESH (BAKING TYPE)

allow steam to escape while cooking.

Unwrapped potatoes produce a crispy outer skin. If a softer skin is desired, wrap potatoes in foil before baking to retain moisture and heat.

### Cooking:

TO BAKE:

Place potatoes in a single layer on baking pans. Bake at 425°F for 1 hour or until done. Baking time may vary with variety, maturity, quantity and size of vegetable.

A one-half serving of a large baked potato, including the skin, provides:

Nutrition Facts	
Calories	110
Protein	2 g
Carbohydrate	25 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	1.4 mg
Calcium	10 mg
Sodium	8 mg
Dietary Fiber	2 g
Vitamin A	0 RE
Vitamin C	13 mg

## NSLP Fact Sheets

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**Name:** POTATOES, INSTANT, DEHYDRATED

**Category:** Fruits and vegetables.

**Date:** 09/17/01

**Description:**

Dehydrated instant potatoes may be flakes or granules. Fortified with vitamins A and C.

**Pack Size:**

6/5# packages of flakes per case or 10/48-ounce packages of granules per case.

**Yield:**

One pound of flakes or granules yields 50.5 1/4-cup servings when reconstituted.

**Uses:**

Serve plain as a mashed vegetable or in other foods, such as shepherd's pie.  
Can also be used as a base for creamed chicken or turkey, or potato soup.

**Storage:**

Store unopened dehydrated potatoes off the floor in a cool, dry place. Store opened potatoes in airtight containers in refrigerator.

**Best if Used By**

The chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	12 months	---
70° F	6 months	---
90° F	3 months	---

**Preparation:**

Potato flakes are a different type of product than potato granules. Potato flakes should be handled differently. Overmixing potato flakes will cause them to become pasty and gummy. The potato flakes should be mixed only long enough to moisten.

**Cooking:**

For 50 servings--

Mix 1 gallon 2 cups boiling water; 1 and 1/2 quarts of reconstituted warm nonfat dry milk; 2 pounds, one ounce of potato flakes; 6 ounces of butter or margarine; 1

## NSLP Fact Sheets

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**Name:** POTATOES, INSTANT, DEHYDRATED

tablespoon salt.

DIRECTIONS (USE OF A MIXER IS NOT RECOMMENDED)

Pour liquids into a mixing bowl; add instant potato flakes, butter or margarine and salt to liquids; mix 30 seconds to moisten flakes. Stir an additional 30 seconds to fluff.

A 1/4-cup serving of mashed potatoes, milk and margarine, provides:

Nutrition Facts	
Calories	57
Protein	1 g
Carbohydrate	7 g
Fat	2.6 g
Saturated Fat	0.7 g
Cholesterol	1 mg
Iron	0.1 mg
Calcium	18 mg
Sodium	138 mg
Dietary Fiber	1 g
Vitamin A	10 RE
Vitamin C	3 mg

## NSLP Fact Sheets

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**Name:** POTATOES, WHITE, DEHYDRATED, SLICED

**Category:** Fruits and vegetables.

**Date:** 03/08/00

**Description:**

Sliced, dehydrated potatoes are prepared from clean, sound, white-fleshed potato pieces or whole potatoes, dehydrated in accordance with acceptable commercial practices. They are available with or without peel.

**Pack Size:**

Six 5-pound bags per carton.

**Yield:**

One pound of dehydrated potato slices, prepared, provides approximately 19 1/2-cup servings of vegetable. One pound of dry potato slices measures approximately 9-2/3 cups.

**Uses:**

Use dehydrated sliced potatoes to make au gratin potatoes, scalloped potatoes, or in other recipes calling for sliced potatoes. They are a ready convenience item when making potato salad.

**Storage:**

Store unopened dehydrated potatoes off the floor in a cool, dry place under 85°F. If opened, store in airtight container in the refrigerator.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	12 months	--
70°F	6 months	--
90°F	3 months	--

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

**Name:** POTATOES, WHITE, DEHYDRATED, SLICED

A 1/2-cup serving of prepared potato slices provides:

Nutrition Facts	
Calories	81
Protein	1 g
Carbohydrate	18 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	0 mg
Sodium	19 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	3 mg

A 3½ ounce serving of dehydrated potato slices provides:

Nutrition Facts	
Calories	349
Protein	7 g
Carbohydrate	80 g
Fat	0.7 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	1.5 mg
Calcium	46 mg
Sodium	79 mg
Dietary Fiber	7 g
Vitamin A	0 RE
Vitamin C	30 mg

## NSLP Fact Sheets

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**Name:** RAISINS, SEEDLESS

**Category:** Fruits and vegetables.

**Date:** 08/02/01

**Description:**

Raisins, U.S. Grade B or better.

**Pack Size:**

30-pound carton.

**Yield:**

One pound of raisins yields 12.6 1/4-cup servings of dry fruit and 21.4 1/4-cup servings of cooked fruit.

**Uses:**

Raisins are ready to eat or may be added to sandwich fillings, rice dishes, stuffing, salads, hot or cold cereals, puddings and baked items; or be combined with peanuts, sunflower seeds or granola and trail mix.

**Storage:**

Refrigerate raisins and store off the floor. To maintain freshness once the case has been opened, fold down the poly bag liner and turn the case upside down. The weight of the raisins will keep the liner tightly sealed.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	18 months	---
70° F	9 months	---
90° F	5 months	---

**Preparation:**

Raisins keep cookies and cakes moist. Chopped raisins impart a full flavor to baked goods. For easier chopping, use an oiled knife or blade.

When raisins are dry or when the recipe calls for plumped raisins, cover the amount of raisins needed with very hot tap water and soak 2 to 5 minutes. Flavor and nutrients are lost with longer soaking. Drain well before using.

Raisins freeze well and thaw quickly.

## NSLP Fact Sheets

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**Name:** RAISINS, SEEDLESS

**Cooking:**

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A 1/4-cup serving of uncooked raisins provides:

Nutrition Facts	
Calories	120
Protein	1 g
Carbohydrate	31 g
Fat	0.2 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	0.8 mg
Calcium	20 mg
Sodium	5 mg
Dietary Fiber	1 g
Vitamin A	0 RE
Vitamin C	1 mg



## NSLP Fact Sheets

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**Name:** RICE, BROWN

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 12/15/96

**Description:**

Milled brown rice, U.S. Grade 1. May be long, medium or short grain. Brown rice is the whole unpolished grain with only the outer husks and a small amount of bran removed.

**Pack Size:**

25 or 50-pound bag.

**Yield:**

One pound of dry rice equals about 2-1/2 cups; 1 pound of cooked long grain rice yields about 19.5 1/2-cup servings.

**Uses:**

Serve brown rice cooked or use in soups, salads, stuffing or main dishes. Use brown rice in any recipe calling for cooked rice. In recipes specifying uncooked rice, it may be necessary to increase the liquid and/or the cooking time.

**Storage:**

Store in a cool, dry place for short periods of time and use refrigerated storage for extended periods. A relative humidity of 55 percent or less is recommended. Store opened rice in a clean, tightly covered container. Shelf life is limited due to the oil content of the bran.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
30 to 40° F	6 months	---
50 to 70° F	3 months	---

**Preparation:**

To retain vitamins, do not rinse rice prior to cooking. Carefully measure rice and liquid. Adjust the cooking so that all moisture is absorbed. Fluff cooked rice with fork or slotted spoon to allow steam to escape. Use 5 lbs., 4 oz. of brown rice, 1-1/4 gallons and 3 cups boiling water and, if desired, 1-1/3 tablespoons salt for 100 1/2-cup servings of cooked rice. Cover pans tightly and bake at 350°F or steam at 5 lbs. pressure for 50 minutes.

## NSLP Fact Sheets

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**Name:** RICE, BROWN

**Cooking:**

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A 1/2-cup serving of cooked long grain brown rice with no salt added provides:

Nutrition Facts	
Calories	109
Protein	2 g
Carbohydrate	23 g
Fat	0.9 g
Saturated Fat	0.2 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	9 mg
Sodium	4 mg
Dietary Fiber	1 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** RICE, WHITE, ENRICHED

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 12/15/96

**Description:**

Long, medium, or short grain rice enriched with thiamin, riboflavin, niacin, and iron. Vitamin D and calcium may be added. May be parboiled or parboiled lightly.

**Pack Size:**

25 or 50-pound bag.

**Yield:**

One pound of dry rice equals about 2-1/3 cups; 1 pound of long or medium grain rice yields 18 1/2-cup servings of cooked rice.

**Uses:**

Serve white rice cooked or use in soups, salads, main dishes or desserts. Long grain rice generally cooks up light and fluffy. Medium and short grain rices are tender, moist and tend to cling together when cooked. Regular milled rice has the hull and bran removed. The term parboiled rice means that the rice grains, with the hull and bran layers still on, have gone through a steaming process. Parboiling modifies the starch in the rice and causes the grain to retain natural nutrients. Parboiled rice requires slightly more cooking time than regular milled white rice and can be held for a long period before serving.

**Storage:**

Store unopened containers of rice off the floor in a cool, dry place. A relative humidity of 55% or less is best. Refrigeration is recommended for extended storage. Store opened rice in a clean, tightly covered container.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	30 months	Parboiled
40° F	48 months	Regular
70° F	20 months	Parboiled
70° F	24 months	Regular
90° F	10 months	Parboiled

## NSLP Fact Sheets

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**Name:** RICE, WHITE, ENRICHED

90° F

12 months

Regular

### Preparation:

To retain vitamins, do not rinse rice before or drain after cooking. Measure rice and liquid accurately, cover tightly and time cooking period carefully. Cover refrigerated rice. To reheat, add 1/2 cup liquid per quart of cooked rice.

### Cooking:

TO COOK RICE (Oven or Steamer):  
100 Servings:

Ingredients:

White rice, long-grain  
(regular or parboiled)  
or medium-grain rice:  
(Weight - 5 Lb.10 Oz.) (Measure - 3-1/2 Qt.);  
Salt(Optional): (Measure - 1-1/3 Tbsp.); Boiling Water: (Measure - 1-1/4 Gal. and  
2 Cups).

Directions:(1) Do not rinse enriched rice.

(2) Place rice in steam table pan (12" x 20" x 2-1/2"), no more than 3 lbs. per pan.

(3) Add salt to boiling water; pour water over rice, 1 qt. of water per pound of rice.

(4) Cover pans tightly.

(5) Bake at 350°F (or steam at 5 lbs. pressure) for 25 minutes.

(6) Remove from oven or steamer and let stand covered for 5 minutes.

SERVING: 1/2 cup rice provides 1 serving of grains/breads.

Yield: 100 servings: Approximately 2 gallons 3-1/4 quarts.

## NSLP Fact Sheets

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**Name:**    **RICE, WHITE, ENRICHED**

A 1/2-cup serving of cooked, enriched, long grain white rice, with no salt added, provides

Nutrition Facts	
Calories	100
Protein	2 g
Carbohydrate	21 g
Fat	0.2 g
Saturated Fat	0.1 g
Cholesterol	0 mg
Iron	1.0 mg
Calcium	17 mg
Sodium	3 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** SALAD DRESSING, REDUCED CALORIE

**Category:** Other Foods

**Date:** 12/15/96

**Description:**

Reduced calorie salad dressing is made from the same ingredients and has the same characteristics as regular salad dressing. It is formulated to contain at least 25% less salad oil than regular commodity salad dressing. The final fat content of the reduced calorie salad dressing shall not exceed 22.5%.

**Pack Size:**

4/1-gallon bottles.

**Yield:**

Each 1 gallon container provides 124 30-gram servings. Thirty(30) grams equals approximately 2 tablespoons of reduced calorie salad dressing.

**Uses:**

Use reduced calorie salad dressing on green salads, coleslaw and other prepared salads. Also suitable to use as a marinade for meats and a dipping sauce for fresh vegetables and other finger foods.

**Storage:**

Salad dressings are best stored unopened at a temperature of 50°F or below. Store opened salad dressing containers covered and under refrigeration. Do not freeze salad dressing.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	8 months	---
70° F	5 months	---
90° F	2 months	---

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **SALAD DRESSING, REDUCED CALORIE**

A 30-gram serving of reduced calorie salad dressing provides:

Nutrition Facts	
Calories	79
Protein	0 g
Carbohydrate	6 g
Fat	5.7 g
Saturated Fat	3.1 g
Cholesterol	12 mg
Iron	0.2 mg
Calcium	3 mg
Sodium	266 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** SALMON NUGGETS

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Frozen, fried, breaded, minced nuggets, produced from domestically harvested and processed pink salmon. Spices, seasonings, artificial colors and other ingredients may be added to the salmon as needed to produce the desired texture, flavor and color. Breaded nuggets contain no monosodium glutamate and tropical oils are not used as a baking/frying medium.

**Pack Size:**

40-pound box contains 4/10-pound bags of salmon nuggets.

**Yield:**

Five salmon nuggets provide 2 ounces of equivalent meat and 1-1/2 servings of bread alternate. Each box contains approximately 710 salmon nuggets, or about 142 servings of 5 nuggets each.

**Uses:**

Salmon nuggets are ready for oven cooking, straight from the freezer - follow directions on the box. After cooking, the nuggets can be served plain or with a sauce or dip.

**Storage:**

Store the frozen fried salmon nuggets hard-frozen in the original shipping container off the floor at 0°F or below.

**Best if Used By**

Salmon nuggets are best if used within 6 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **SALMON NUGGETS**

A serving (five pieces) of salmon nuggets provides:

Nutrition Facts	
Calories	270
Protein	16 g
Carbohydrate	17 g
Fat	15.0 g
Saturated Fat	3.4 g
Cholesterol	43 mg
Iron	1.8 mg
Calcium	15 mg
Sodium	194 mg
Dietary Fiber	0 g
Vitamin A	10 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** SALMON, ALASKA PINK, POUCHES

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Alaska pink salmon, skinless and boneless, packed in laminated pouches and thermally processed. May also contain salt and spices or flavorings.

**Pack Size:**

6/4-pound pouches.

**Yield:**

A 4-pound pouch provides approximately 24 2-ounce servings of heated fish.

**Uses:**

Alaska pink salmon is ready to serve in salads, sandwiches and main dishes.

**Storage:**

Store unopened pouches of salmon off the floor in a cool dry place.  
Temperature changes shorten shelf life and speed deterioration of the salmon.  
Store opened pouches of pink salmon covered, in a nonmetallic container under refrigeration and use within 24 hours.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	72 months	---
70° F	36 months	---
90° F	18 months	---

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **SALMON, ALASKA PINK, POUCHES**

A 2-ounce serving of Alaska pink salmon provides: (Nutrient information was obtained from industry sources. Pouch salmon will be included in the National Nutrient Database for Child Nutrition Programs (NND-CNP)).

Nutrition Facts	
Calories	60
Protein	13 g
Carbohydrate	0 g
Fat	0.5 g
Saturated Fat	0.0 g
Cholesterol	25 mg
Iron	0.0 mg
Calcium	0 mg
Sodium	330 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** SALSA, TOMATO, CANNED

**Category:** Fruits and vegetables.

**Date:** 10/29/98

**Description:**

Tomato salsa is made of peeled tomatoes, tomato puree, fresh or dried onions, fresh green chile peppers and fresh jalapenos properly ripened and wholesome. Spices and condiments added include salt, vinegar and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings or modified starch.

**Pack Size:**

6/#10 cans per case.

**Yield:**

Each #10 can provides 48 1/4-cup servings of vegetable/fruit.

**Uses:**

Serve tomato salsa as a complement to chicken, fish, turkey, hamburgers, tacos, burritos, fajitas, tortilla pieces, etc.

**Storage:**

Unopened canned tomato salsa should be stored off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration. Avoid freezing and exposure to direct sunlight. Opened canned salsa may be refrigerated in a covered, nonmetallic container 2 to 4 days.

**Best if Used By**

The following chart shows the maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

No preparation of the salsa is necessary. Serve "as is" or chilled on top of burritos, tacos, tortilla pieces and fajitas. Salsa may also be heated and served as a complement to chicken, fish, turkey, hamburgers, etc.

**Cooking:**

## NSLP Fact Sheets

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**Name:**    **SALSA, TOMATO, CANNED**

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A 1/4-cup serving of unheated tomato salsa provides:

Nutrition Facts	
Calories	20
Protein	0 g
Carbohydrate	4 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	1.2 mg
Calcium	7 mg
Sodium	256 mg
Dietary Fiber	0 g
Vitamin A	328 RE
Vitamin C	2 mg

## NSLP Fact Sheets

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**Name:** SPAGHETTI SAUCE, MEATLESS

**Category:** Fruits and vegetables.

**Date:** 10/04/99

**Description:**

Meatless spaghetti sauce is a ready-to-use, tomato based sauce. In addition to tomato products, it may also contain: water, sugar, olive oil, soybean and/or cottonseed oil, onion powder, garlic powder, citric acid, natural flavoring, starches and other ingredients. It has a bright typical tomato color and is smooth in texture.

**Pack Size:**

6/#10 cans per case.

**Yield:**

Each can provides 50 1/4-cup servings of vegetable.

**Uses:**

Use heated meatless spaghetti sauce as a topping for cooked pasta or as an ingredient in other Italian style dishes. Serve warm as a dipping sauce for breadsticks.

**Storage:**

Store unopened cans in a cool, dry place off the floor. Extreme temperatures such as freezing or exposure to direct sunlight speed deterioration. Store opened quantities of canned spaghetti sauce covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows the maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **SPAGHETTI SAUCE, MEATLESS**

A 1/4-cup serving of meatless spaghetti sauce provides:

Nutrition Facts	
Calories	27
Protein	0 g
Carbohydrate	4 g
Fat	0.5 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	11 mg
Sodium	334 mg
Dietary Fiber	3 g
Vitamin A	19 RE
Vitamin C	2 mg

## NSLP Fact Sheets

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**Name:** STRAWBERRIES, SLICED, SWEETENED, FROZEN

**Category:** Fruits and vegetables.

**Date:** 04/01/97

**Description:**

Sliced strawberries with sugar added. Fruit/sugar ratio is 4 to 1.

**Pack Size:**

30-pound cartons.

**Yield:**

One pound of frozen sliced strawberries provides approximately 7.1 1/4-cup servings of thawed fruit and juice.

**Uses:**

Serve thawed strawberries in fruit cups, salads and over hot or cold cereals. Use in recipes for jellied salads, glazes, desserts or other baked items. Also use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, French toast and preserves.

**Storage:**

Store frozen strawberries at 0°F or below, off the floor and away from the walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.

Opened strawberries may be stored in the refrigerator in a covered nonmetallic container for 2 to 4 days. Do not refreeze after thawing.

Thaw strawberries at refrigerated temperatures (40°F) 60-72 hours for a 30-pound carton. Once thawed, do not refreeze. Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.

**Best if Used By**

Frozen strawberries are best if used within 15 months when stored under proper conditions.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **STRAWBERRIES, SLICED, SWEETENED, FROZEN**

A 1/4-cup serving of sweetened sliced strawberries provides:

Nutrition Facts	
Calories	61
Protein	0 g
Carbohydrate	16 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	7 mg
Sodium	2 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	26 mg

## NSLP Fact Sheets

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**Name:** STRAWBERRIES, WHOLE, INDIVIDUALLY QUICK

**Category:** Fruits and vegetables.

**Date:** 08/18/97

**Description:**

U.S. Grade A (except U.S. Grade B character), medium sized, whole strawberries, individually quick frozen (IQF).

**Pack Size:**

30-pound case.

**Yield:**

One pound of frozen whole strawberries yields approximately 7 1/4-cup servings of fruit and juice, thawed.

**Uses:**

Serve thawed strawberries in fruit cups, salads and over hot or cold cereals. Use in recipes for jellied salads, glazes, desserts or other baked items. Also use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, French toast and preserves.

**Storage:**

Store frozen strawberries at 0°F or below, off the floor and away from the walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.

Opened strawberries may be stored in the refrigerator in a covered nonmetallic container for 2 to 4 days. Do not refreeze after thawing.

Thaw berries at refrigerated temperatures (40°F) 60-72 hours for a 30-pound carton. Once thawed, do not refreeze. Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.

**Best if Used By**

Frozen strawberries are best if used within 15 months when stored under proper conditions.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

**Name:**    **STRAWBERRIES, WHOLE, INDIVIDUALLY QUICK**

A 1/4-cup serving of thawed strawberries provides:

Nutrition Facts	
Calories	13
Protein	0 g
Carbohydrate	3 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	5 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	1 RE
Vitamin C	15 mg

## NSLP Fact Sheets

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**Name:** SWEET POTATOES & MASHED SWEET POTATOES,

**Category:** Fruits and vegetables.

**Date:** 08/18/97

**Description:**

Sweet potatoes golden, yellow, or mixed. U.S. Grade A, whole, sections, pieces, cuts, individually quick frozen (IQF) or canned, packed in light syrup. Mashed sweet potatoes, canned or frozen.

**Pack Size:**

6/#10 cans per case. Frozen cuts, (chunks), or slices, 1-30 lb. container with a polyliner. Frozen mashed, 6/5 pound poly bags.

**Yield:**

One #10 can (108 oz.) of sweet potatoes, whole or cuts, will yield 45.4 1/4-cup servings of drained vegetable. One #10 can equals approximately 71 ounces (12-1/2 cups) of drained vegetable. One #10 can (106 oz.) yields 51.5 1/4-cup servings of mashed sweet potatoes. One pound of frozen sweet potato provides 7.6 1/4-cup servings of cooked vegetables.

**Uses:**

Sweet potatoes (whole, cuts, or mashed) are ready to serve or may be heated with spices, other vegetables or fruits. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread. When using frozen sweet potato cuts in place of canned sweet potatoes in light syrup in recipes, it may be necessary to adjust the level of sweetener used.

**Storage:**

Store unopened canned sweet potatoes off the floor in a cool, dry place. Avoid sudden changes in temperature such as freezing or exposure to direct sunlight. Temperature changes shorten shelf life and speeds deterioration of the sweet potatoes. Store in a well ventilated area and rotate use.

Store opened canned sweet potatoes covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days.

Store frozen sweet potatoes at 0°F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuation.

**Best if Used By**

Frozen sweet potatoes are best if used within 12 months.

The following chart shows the maximum storage periods at different temperatures for canned sweet potatoes:

## NSLP Fact Sheets

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**Name:** SWEET POTATOES & MASHED SWEET POTATOES,

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40°F	48 months	---
70°F	24 months	---
90°F	12 months	---

### Preparation:

Drain off half the liquid in the can. Pour sweet potatoes and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

Pour sweet potatoes into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb. pressure for 3 minutes or long enough to bring to serving temperature. Drain and serve.

### Cooking:

Heat sweet potatoes in syrup or add one or more seasonings, such as cinnamon, grated lemon rind or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.

Mashed sweet potatoes may be used in recipes specifying sweet potatoes or pumpkin puree.

## NSLP Fact Sheets

**Name:** SWEET POTATOES & MASHED SWEET POTATOES,

A 1/4-cup serving of drained, heated sweet potatoes provides:

Nutrition Facts	
Calories	53
Protein	0 g
Carbohydrate	12 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.3 mg
Calcium	8 mg
Sodium	20 mg
Dietary Fiber	1 g
Vitamin A	364 RE
Vitamin C	4 mg

A 1/4-cup serving of mashed sweet potatoes provides:

Nutrition Facts	
Calories	64
Protein	1 g
Carbohydrate	14 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.9 mg
Calcium	19 mg
Sodium	48 mg
Dietary Fiber	1 g
Vitamin A	964 RE
Vitamin C	3 mg

## NSLP Fact Sheets

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**Name:** TOMATO PASTE, CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade A Tomato Paste, without salt; extra heavy, heavy, medium, or light concentration; fine or coarse texture.

**Pack Size:**

6/#10 cans per case (or 55-gallon drum for processing).

**Yield:**

One #10 can (111 oz.) of tomato paste yields 192 tablespoons (12 cups) of paste. One tablespoon of tomato paste is the equivalent of 1/4-cup serving of vegetable.

**Uses:**

Use tomato paste in sauces, stews casseroles, pizza and soups. Reconstituted tomato paste can be used as tomato puree or tomato juice.

**Storage:**

Store off the floor in a cool, dry place. Avoid freezing or exposure to direct sunlight. Sudden changes in temperature cause product deterioration. Store opened canned tomato paste covered, in a nonmetallic container under refrigeration and use within 2 to 4 days. Unused tomato paste can also be frozen for later use.

**Best if Used By**

The following chart shows the maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	36 months	---
70° F	18 months	---
90° F	9 months	---

**Preparation:**

To reconstitute for use as tomato puree or sauce, mix one #10 can of tomato paste with one #10 can of water. To reconstitute for tomato juice, mix one #10 can of tomato paste with three #10 cans of water.

**Cooking:**

## NSLP Fact Sheets

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**Name:** TOMATO PASTE, CANNED

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One tablespoon of canned tomato paste, heated, provides:

Nutrition Facts	
Calories	14
Protein	0 g
Carbohydrate	3 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	6 mg
Sodium	10 mg
Dietary Fiber	0 g
Vitamin A	40 RE
Vitamin C	7 mg



## NSLP Fact Sheets

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**Name:** TOMATO SAUCE, CANNED

**Category:** Fruits and vegetables.

**Date:** 04/10/98

**Description:**

U.S. Grade A tomato sauce; may be lightly seasoned with salt and spices, and may contain nutritive sweetening ingredients, vinegar, onion, garlic, or other vegetable flavoring ingredients.

**Pack Size:**

6/#10 cans per case (each can contains 106 ounces of tomato sauce).

**Yield:**

Each 106-ounce can of tomato sauce provides 50 1/4-cup servings of vegetable.

**Uses:**

Use tomato sauce as an ingredient in sauces, stews, casseroles, pizza and soups. May also be used as a topping for cooked pasta, or as an ingredient in other Italian style dishes. Serve warm as a dipping sauce for breadsticks.

**Storage:**

Store unopened cans in a cool, dry place off the floor. Extreme temperatures such as freezing or exposure to sunlight speed deterioration. Opened quantities can be refrigerated in a covered, nonmetallic container.

**Best if Used By**

The chart shows the maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Tomato sauce is ready to use. Preparation depends on final use and may be part of recipe instructions.

**Cooking:**

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## NSLP Fact Sheets

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**Name:** TOMATO SAUCE, CANNED

A 1/4-cup serving of tomato sauce provides:

Nutrition Facts	
Calories	18
Protein	0 g
Carbohydrate	4 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.5 mg
Calcium	8 mg
Sodium	370 mg
Dietary Fiber	0 g
Vitamin A	60 RE
Vitamin C	8 mg

## NSLP Fact Sheets

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**Name:** TOMATOES, CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better. Tomatoes, whole or diced.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can (102 oz.) of canned tomatoes yields 45.5 1/4-cup servings of heated vegetable. One #10 can equals approximately 66 oz. of drained vegetable.

**Uses:**

Canned tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, vegetables, rice or main dishes. Combine tomatoes and green beans; flavor with chopped green pepper, garlic and chili powder.

**Storage:**

Unopened canned tomatoes should be stored off the floor in a cool, dry place. Temperature changes shorten shelf life and speed deterioration. Avoid freezing and exposure to direct sunlight. Store opened canned tomatoes covered, in a nonmetallic container under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

TO HEAT:

Drain off half the liquid in the can. Pour tomatoes and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.

OR

## NSLP Fact Sheets

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**Name: TOMATOES, CANNED**

Pour tomatoes into steamer pans. A 12" x 20" x 2-1/2" pan will hold the contents of two #10 cans. Heat in steamer at 5 lbs. pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.

Add flavor to canned tomatoes by using herbs and spices such as celery seed, cloves, oregano, sage, parsley or basil. Add seasoned croutons to stewed tomatoes.

**Cooking:**

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A 1/4-cup serving of canned tomatoes, heated, provides:

Nutrition Facts	
Calories	12
Protein	0 g
Carbohydrate	2 g
Fat	0.1 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.4 mg
Calcium	16 mg
Sodium	98 mg
Dietary Fiber	0 g
Vitamin A	36 RE
Vitamin C	9 mg

## NSLP Fact Sheets

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**Name:** TOMATOES, CRUSHED, CANNED

**Category:** Fruits and vegetables.

**Date:** 12/15/96

**Description:**

U.S. Grade B or better. Tomatoes, crushed, includes peel.

**Pack Size:**

6/#10 cans per case.

**Yield:**

One #10 can yields 45.5 1/4-cup servings of heated vegetable.

**Uses:**

Pour over pizza crust, use as spaghetti sauce or in chili recipes. Addition of water is not necessary.

**Storage:**

Store unopened cans in a cool, dry place off the floor. Extreme temperatures such as freezing or exposure to direct sunlight speed deterioration. Store opened canned crushed tomatoes covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows the maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Crushed tomatoes may be heated in a stock pot or in a steam-jacketed kettle. Season with herbs and spices such as oregano, basil, chili powder or garlic.

**Cooking:**

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## NSLP Fact Sheets

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**Name:** TOMATOES, CRUSHED, CANNED

A 1/4-cup serving of canned crushed tomatoes, heated, provides:

Nutrition Facts	
Calories	24
Protein	1 g
Carbohydrate	5 g
Fat	0.2 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.6 mg
Calcium	10 mg
Sodium	187 mg
Dietary Fiber	0 g
Vitamin A	36 RE
Vitamin C	10 mg

## NSLP Fact Sheets

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**Name:** TRAIL MIX, FRUIT AND NUT

**Category:** Fruits and vegetables.

**Date:** 06/28/01

**Description:**

Trail mix may consist of equal parts of dried cranberries, dried dates, dried figs, dried plum pieces, walnut pieces, almonds, or dried cherries.

**Pack Size:**

Trail mix is packed in five 5-pound packages.

**Yield:**

One 5-pound package provides 40 1/3-cup servings.

**Uses:**

Trail Mix can be served, as is, as a meal-time fruit choice; be repackaged to take as a snack on a field trip; or served as a delicious, nutritious topping for ice cream or yogurt or cereal at breakfast.

**Storage:**

If package is opened, refrigerate and use within 6 months. Unopened packages will keep 6 months in a dry place at temperatures under 65°F.

**Best if Used By**

This product is best if used within 6 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:** TRAIL MIX, FRUIT AND NUT

A 1/3-cup serving of trail mix of dried cranberries, dates, figs, dried plums and walnuts provides 1/4 cup fruit/vegetable + 1/4 oz. meat alternate:

Nutrition Facts	
Calories	198
Protein	2 g
Carbohydrate	32 g
Fat	7.2 g
Saturated Fat	0.6 g
Cholesterol	0 mg
Iron	0.9 mg
Calcium	26 mg
Sodium	0 mg
Dietary Fiber	4 g
Vitamin A	30 RE
Vitamin C	0 mg



## NSLP Fact Sheets

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**Name:** TUNA, CHUNK LIGHT, CANNED IN WATER

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Chunk light tuna in water (1% salt added). Chunk light tuna (small bite-size pieces of fish) is made from the skipjack, yellowfin or bluefin varieties of tuna. The meat is light to dark in color and full in flavor.

**Pack Size:**

6/66.5 ounce cans per case.

**Yield:**

One 66.5 ounce can of tuna provides 51.2 1-ounce servings of fish. One can equals approximately 51 ounces of drained tuna.

**Uses:**

Tuna is thoroughly cooked during processing. Serve as is or heated. Use tuna in salads, casseroles, sandwiches or main dishes.

**Storage:**

Store unopened canned tuna off the floor in a cool, dry place. Store opened canned tuna covered, in a nonmetallic container, under refrigeration and use within 2 to 4 days.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	72 months	---
70° F	36 months	---
90° F	18 months	---

**Preparation:**

Use in recipes specifying canned tuna.

**Cooking:**

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## NSLP Fact Sheets

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**Name:** TUNA, CHUNK LIGHT, CANNED IN WATER

A 1-ounce serving of chunk light tuna packed in water (drained) provides:

Nutrition Facts	
Calories	33
Protein	7 g
Carbohydrate	0 g
Fat	0.2 g
Saturated Fat	0.1 g
Cholesterol	9 mg
Iron	0.4 mg
Calcium	3 mg
Sodium	96 mg
Dietary Fiber	0 g
Vitamin A	4 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** TURKEY BREAST, DELI-STYLE, REGULAR &

**Category:** Meats and meat alternates.

**Date:** 06/30/98

**Description:**

Deli turkey breast and smoked turkey breast are produced from young ready-to-cook turkeys, containing no more than 10% added ingredients, which include water, salt, sugar, binders and phosphates.

**Pack Size:**

Four turkey breasts, each weighing between 9 and 11 pounds, per fiberboard shipping container.

**Yield:**

One pound of turkey breast provides approximately 10 1-ounce servings of cooked lean meat.

**Uses:**

Serve turkey breast hot or cold, sliced in hoagie or hero sandwiches, as an entree, diced in salads or in any recipe specifying cooked turkey.

**Storage:**

Store frozen turkey breasts in freezer at 0°F or below, off the floor, and away from walls to allow for circulation of cold air.

To thaw, remove turkey breasts from original bag or casing and place in a single layer on sheet pans or trays. Thaw in the refrigerator. Thaw only the amount needed and use within 3 days. DO NOT REFREEZE AFTER THAWING OR HEATING.

**Best if Used By**

Deli-style turkey breasts and deli-style smoked turkey breasts are best if used within 4 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:** TURKEY BREAST, DELI-STYLE, REGULAR &

A 1-ounce serving (by weight) of turkey breast provides:

Nutrition Facts	
Calories	27
Protein	6 g
Carbohydrate	0 g
Fat	0.3 g
Saturated Fat	0.1 g
Cholesterol	12 mg
Iron	0.4 mg
Calcium	4 mg
Sodium	340 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** TURKEY BURGER

**Category:** Meats and meat alternates.

**Date:** 11/30/98

**Description:**

This product is a turkey burger made from ground turkey meat.

**Pack Size:**

Frozen turkey burgers are packaged 6, 9, 12, or 18 pounds per package in plastic film bags or pouches. Containers are packed to a net weight of 36 pounds.

**Yield:**

Each 3-ounce burger yields approximately 2 ounces of cooked lean meat.

**Uses:**

Use for sandwiches and main dishes for lunch.

**Storage:**

Store the product at 0°F or below in original shipping container.

**Best if Used By**

Turkey burgers are best is used within 4 months.

**Preparation:**

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**Cooking:**

Burgers should be cooked from the frozen state to prevent moisture loss. Remove from plastic bags and separate from patty paper. Lightly brush or wipe sheet pans with a small amount of vegetable oil if needed to prevent sticking during cooking. Place burgers in a single layer on sheet pans. Burgers with a cube pattern or square indentations should be cooked in oven with pattern side up. Bake until brown and cooked throughout, until a pink color is no longer visible. Suggested cooking times for a deck oven at 350°F are 10-20 minutes, and for a convection oven at 350°F are 8-10 minutes.

Serve as soon as possible. Holding on a steam table or in a holding cabinet will cause burgers to dry and toughen. Hold on a heat-maintained serving line at a temperature of at least 140°F for no longer than 2 hours. Immediately refrigerate any leftovers at 40°F or below. Use any leftovers within 2 days, always being

## NSLP Fact Sheets

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**Name: TURKEY BURGER**

sure to heat to at least 165°F.

A 2-ounce serving of a cooked patty provides:

Nutrition Facts	
Calories	140
Protein	16 g
Carbohydrate	0 g
Fat	8.0 g
Saturated Fat	2.0 g
Cholesterol	60 mg
Iron	1.2 mg
Calcium	15 mg
Sodium	257 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** TURKEY HAM

**Category:** Meats and meat alternates.

**Date:** 02/09/99

**Description:**

This product is frozen smoked turkey hams produced from non-basted, young ready-to-cook turkey thigh meat. The product is fully cooked and ready to eat without further cooking. The product is 95% fat free.

**Pack Size:**

Each container will be packed with four hams. Individual hams will be individually wrapped and vacuum packaged in shrinkable oxygen and moisture proof bags or casings. Individual hams will be 9-11 pounds.

**Yield:**

One pound of turkey ham provides 9.5 1-ounce servings of cooked turkey.

**Uses:**

Use sliced, diced, and chopped for sandwiches, salads, casseroles and entree items.

**Storage:**

Store the product at 0°F or below in original shipping container.

**Best if Used By**

Turkey ham can be stored frozen for 3-4 months. After thawing, serve product within 24 hours. Refrigerate any leftovers and use within 2 days.

**Preparation:**

TO THAW: Remove hams from original bags or casings and place in single layer on sheet pans or trays. Thaw in refrigerator at 36°F. Do not hold thawed hams longer than 24 hours before heating or serving.

TO HEAT: Remove bag or casing. Place hams, thawed or frozen, in pan and cover. Heat at 325°F to an internal temperature of 140°F.

Estimated heating times:

FROZEN -  
Deck Oven: 3½-4 hours

## NSLP Fact Sheets

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**Name: TURKEY HAM**

Convection Oven: 3-3½ hours;

THAWED -

Deck or

Convection Oven: 75-90 minutes

### **Cooking:**

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A 3.53 ounce serving (100 grams) of cooked turkey ham provides:

Nutrition Facts	
Calories	114
Protein	16 g
Carbohydrate	3 g
Fat	4.0 g
Saturated Fat	1.3 g
Cholesterol	64 mg
Iron	1.0 mg
Calcium	7 mg
Sodium	908 mg
Dietary Fiber	0 g
Vitamin A	62 RE
Vitamin C	23 mg



## NSLP Fact Sheets

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**Name:** TURKEY ROASTS, READY TO COOK, FROZEN

**Category:** Meats and meat alternates.

**Date:** 03/09/00

**Description:**

U.S. Grade A, deboned turkey meat and skin, with water, salt, and sodium phosphates added. (At least 45% breast meat, with a maximum of 34% thigh meat and 12.5% skin).

**Pack Size:**

32-48 pound container. Four frozen roasts, 8 to 12 pounds each, per container. The roasts in one container will not vary more than 2 pounds per roast. Each roast will be 9 to 17 inches in length and 4 to 7 inches in diameter and will be tied or placed in cotton netting.

**Yield:**

One pound of raw turkey roast provides 10.5 1-ounce servings of cooked turkey.

**Uses:**

After roasting, serve as an entree, in sandwiches, in salads, or in any recipe specifying cooked turkey.

**Storage:**

Store uncooked roasts hard frozen, in original shipping containers, off the floor at 0°F or below. Do not hold thawed turkey roasts for longer than 24 hours before cooking. Cooked turkey roasts should be refrigerated and used within 2 days.

**Best if Used By**

Frozen, ready to cook, turkey roasts are best if used within 7 months.

**Preparation:**

HANDLE TURKEY ROASTS PROPERLY, IN STORING, THAWING, COOKING, AND REHEATING, TO AVOID SPOILAGE OR FOOD POISONING. Roasts may be cooked frozen or thawed. When cooked from the frozen state, the roasts may be more difficult to slice; allow roasts to stand 15 minutes, after roasting, to firm-up, before removing netting and slicing.

**SORTING:** Sort roasts by weight and diameter to facilitate thawing and/or cooking.

**THAWING:** Thaw only the amount needed for 1 day's use. Thaw in original casings in refrigerator at 35 to 40°F. Place in single layers on sheet pans or trays

## NSLP Fact Sheets

### **Name: TURKEY ROASTS, READY TO COOK, FROZEN**

and space on shelves so that air can circulate around wrapped poultry. Thaw under refrigeration for 24 hours. Do not thaw at room temperature or in water and do not refreeze.

#### **SERVING:**

These roasts can be sliced and served immediately after baking. It is easier to mechanically slice cooled roasts than hot roasts. If you use a mechanical slicer, chill the roast thoroughly before slicing. Also, the netting or twine is easier to remove when the roasts are cold. Promptly refrigerate and use any leftovers within 2 days. If reheating the sliced roasts, reheat to an internal temperature of 165°F.

#### **Cooking:**

Remove casings. Place roasts of similar sizes, thawed or frozen, in shallow roasting pans. Insert a meat thermometer into the center of one roast in each pan. Bake at 325°F in either a convection oven or a conventional oven for 3 to 5 hours. Turkey roasts are safe to serve when the thermometer registers an internal temperature of 170°F. THE DIAMETER OF THE ROASTS CAN AFFECT THE COOKING TIME MORE THAN THE WEIGHT. THE GREATER THE DIAMETER, THE LONGER THE COOKING TIME.

A 1-ounce serving of cooked turkey roast, light and dark meat, lightly seasoned, provides:

Nutrition Facts	
Calories	44
Protein	6 g
Carbohydrate	0 g
Fat	1.6 g
Saturated Fat	0.5 g
Cholesterol	15 mg
Iron	0.5 mg
Calcium	1 mg
Sodium	193 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** TURKEY ROASTS, SLICED, FULLY COOKED,

**Category:** Meats and meat alternates.

**Date:** 02/26/01

**Description:**

Frozen fully cooked sliced turkey roasts are prepared from U.S. Grade A young turkey roasts. They are manufactured from breast meat, thigh meat and skin which is used as a covering of at least 50% of the outer surface of the roasts. Each slice is 3 to 5 millimeters thick.

**Pack Size:**

Each carton will weigh approximately 32 to 48 pounds and will contain no more than 4 packaged roasts weighing between 11 to 14 pounds each.

**Yield:**

A 3-ounce serving of turkey roast provides 2 ounces of cooked lean meat. Each frozen fully cooked sliced turkey roast will provide approximately 88 to 112 2-ounce servings of cooked turkey. Two and 1/2 ounces of cooked turkey roast provides 2 ounces cooked lean meat.

**Uses:**

Sliced turkey roasts can be used in salads, hot sandwiches, cubed for casseroles, as a center-of-the-plate entree with mashed potatoes and gravy or with vegetables.

**Storage:**

Sliced turkey roasts should be kept frozen at 0°F or below.

**Best if Used By**

Frozen sliced turkey roasts are best if used within 7 months.

**Preparation:**

Sliced fully cooked turkey roasts, thawed, are ready to eat without further cooking. Sort roasts by weight and diameter to facilitate thawing. Thaw only the amount for one day's use. THAW UNDER REFRIGERATION. DO NOT THAW AT ROOM TEMPERATURE OR IN WATER. Thaw in original casings and place in a single layer on sheet pans or trays. Do not hold thawed roasts longer than 24 hours before heating.

DO NOT REFREEZE. Refrigerate leftovers and use within 2 days.

## NSLP Fact Sheets

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**Name:** TURKEY ROASTS, SLICED, FULLY COOKED,

### Cooking:

Sort roasts by weight and diameter to facilitate reheating. Reheat thawed or frozen sliced turkey roasts at 325°F to an internal temperature of 165°F in an uncovered pan. A sheet of foil may be placed over each roast to prevent excessive browning. The diameter can affect the reheating time more than the weight; the greater the diameter, the longer the reheating time.

A 2-ounce serving (55g) of sliced turkey provides:

Nutrition Facts	
Calories	103
Protein	12 g
Carbohydrate	0 g
Fat	5.2 g
Saturated Fat	1.3 g
Cholesterol	42 mg
Iron	0.7 mg
Calcium	2 mg
Sodium	378 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** TURKEY SAUSAGE CHUBS

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Ground turkey with spices and flavoring added to give the product a mild sausage flavor. The average fat content is 13%.

**Pack Size:**

Links - 40-pound container, 5 or 10-pound packages per container;  
Chubs - 30-pound container, 3 or 5-pound packages per container;  
Patties - 36-pound container, 6, 9, 12, or 18-pound packages per container.

**Yield:**

One pound of raw turkey sausage provides 10.7 1-ounce servings of cooked turkey.

**Uses:**

Use alone as a breakfast item or in combination dishes such as pizza, chili, lasagna, burritos, tacos, tamale pie and spaghetti with meat sauce.

**Storage:**

Store frozen turkey sausage at 0°F or below. Store in original shipping containers and casings.

**Best if Used By**

Turkey sausage chubs are best if used within 3 months.

**Preparation:**

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**Cooking:**

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## NSLP Fact Sheets

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**Name:**    **TURKEY SAUSAGE CHUBS**

A 1-ounce serving of cooked turkey sausage provides:

Nutrition Facts	
Calories	53
Protein	6 g
Carbohydrate	0 g
Fat	3.03 g
Saturated Fat	0.7 g
Cholesterol	28 mg
Iron	0.6 mg
Calcium	35 mg
Sodium	280 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** TURKEY, GROUND, FROZEN

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

100% ground turkey. The average fat content is 11%.

**Pack Size:**

4/#10-pound casings per box.

**Yield:**

One pound of raw ground turkey provides 10.7 1-ounce servings of cooked meat.

**Uses:**

Use in well-seasoned dishes such as chili, lasagna, spaghetti with meat sauce, burritos, pizza, tacos, meat loaf, tamale pie and sloppy joes.

**Storage:**

Store frozen ground turkey at 0°F or below. Store in original shipping containers and casings.

**Best if Used By**

Frozen ground turkey is best if used within 3 months.

**Preparation:**

**TO THAW:** Thaw ground turkey in refrigerator (35-40°F). Remove blocks of ground turkey from original shipping containers and place in a single layer on sheet pans or trays. Position trays in the refrigerator so air can circulate freely. Allow up to 48 hours to thaw one 10-pound block of ground turkey for easy mixing. Blocks may be sliced to speed thawing, however, cut surfaces must be covered. Do not thaw in standing water or at room temperature, since this will increase the potential for bacterial growth. Keep thawed ground turkey refrigerated at 40°F or below.

**Cooking:**

**TO COOK:** Cook ground turkey within 24 hours after thawing. Remove outer casing before cooking. It may be necessary to use a small amount of vegetable oil when browning turkey to prevent sticking. Cook ground turkey until raw "pink" color is no longer visible or until juice runs clear (approximately 20 minutes on low to medium heat). Heat any product containing turkey to an internal temperature of at least 165°F. Hold on a serving line maintaining 140°F. Immediately refrigerate leftovers at 35 to 40°F and use within 2 days. Reheat to at least

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**Name:** TURKEY, GROUND, FROZEN

165°F.

WASH HANDS AND SANITIZE ALL PREPARATION SURFACES AND TOOLS  
USED TO PREPARE RAW GROUND TURKEY.

A 1-ounce serving of turkey, cooked, provides:

Nutrition Facts	
Calories	67
Protein	7 g
Carbohydrate	0 g
Fat	3.7 g
Saturated Fat	1.0 g
Cholesterol	29 mg
Iron	0.6 mg
Calcium	7 mg
Sodium	30 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg



## NSLP Fact Sheets

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**Name:** TURKEY, WHOLE, FROZEN

**Category:** Meats and meat alternates.

**Date:** 06/18/01

**Description:**

Fresh frozen ready to cook young turkeys without necks and giblets; may or may not be basted.

**Pack Size:**

30-60 pound carton. In general, individual turkeys will weigh 12-22 pounds each. Each carton will contain not more than 4 turkeys weighing up to 14 pounds - there will not be more than 2 turkeys weighing over 14 pounds.

**Yield:**

One pound of turkey yields 8.4 1-ounce portions of cooked turkey with skin; or 7.5 1-ounce portions without skin.

**Uses:**

Whole ready to cook turkeys may be roasted or braised.

**Storage:**

Store whole ready to cook turkeys hard frozen in original shipping containers off the floor at 0°F or below.

**Best if Used By**

Frozen whole turkeys are best if used within 9 months.

**Preparation:**

FROZEN, READY-TO-COOK TURKEY MUST BE HANDLED PROPERLY TO AVOID SPOILAGE OR SERIOUS FOOD POISONING.

TO THAW:

- Thaw only the amount needed for 1 day's use. Avoid leftovers.
- Thaw in refrigerator (35 to 40°F) in original plastic wrappers until poultry is pliable. Allow time as follows: 18 lb. and over, 2 to 3 days; under 18 lb., 1 to 2 days.
- Do not thaw at room temperature or in water.
- Do not refreeze.

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**Name:** TURKEY, WHOLE, FROZEN

- After thawing, wash thoroughly in cold water. Drain.
- Cook promptly or refrigerate and cook within 24 hours after thawing.
- Do not partially cook one day and finish cooking the next.
- Serve promptly. Refrigerate any leftovers and use within 2 days.

Table surface and equipment used to prepare whole turkey should be thoroughly cleaned and sanitized before being used to handle cooked foods. Do not stuff turkey; bake stuffing separately.

### Cooking:

TO ROAST:

Place whole turkeys in shallow roasting pans, breast side up. Insert a meat thermometer into the center of the meaty part of the inner side of the thigh (toward the body). Insert thermometer into the center of the thickest part of the breast or thigh piece. Be sure thermometer does not touch bone.

Roast at 325°F. When turkey is half done, release legs to speed cooking. Turkey is done when the internal thermometer registers 180 to 185°F, juice from turkey is clear with no pink color, drumstick meat is soft and leg joint moves easily. Cooking times:  
12 to 16 lbs = 3-1/2 to 4-1/2 hrs.; 16 to 21 lbs = 4-1/2 to 6 hrs.; 21 to 28 lbs = 6 to 7-1/2 hrs.

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**Name:**    **TURKEY, WHOLE, FROZEN**

A 1-ounce serving of roasted turkey, with skin and no added salt, provides:

Nutrition Facts	
Calories	59
Protein	8 g
Carbohydrate	0 g
Fat	2.8 g
Saturated Fat	0.8 g
Cholesterol	23 mg
Iron	0.5 mg
Calcium	7 mg
Sodium	19 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** VEGETABLE OIL

**Category:** Other Foods

**Date:** 06/22/00

**Description:**

Corn, cottonseed, soybean, sesame, canola, sunflower or safflower oil or a combination. Vegetable oil has been "winterized." The term "winterized" means that the oil has received special processing so that if used for salad dressing or mayonnaise, it will not solidify or separate at refrigerator temperatures.

**Pack Size:**

6/1-gallon plastic bottles per case.

**Yield:**

One cup of oil weighs about 7.65 ounces. One pound of oil measures about 2-1/8 cups and 1 pound of hydrogenated shortening measures about 2-1/4 cups.

**Uses:**

Use in recipes specifying oil, melted fat or hydrogenated shortening such as biscuits, cornbread, muffins, rolls, pie dough and quick breads recipes. Oil can also be used for deep fat frying, pan greasing, oiling baked potatoes and in salad dressing.

**Storage:**

Store bottles of oil off the floor in a cool, dry place. Carefully clean spout, replace and screw cap tightly after each use. Exposure to air causes oil to lose quality. When held below 32°F oil may form solid material which will disappear when the oil is warmed.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	6 months	---

**Preparation:**

Use as directed in recipes specifying oil, salad oil or vegetable oil. For general use, vegetable oil and hydrogenated shortening are interchangeable by weight but not by volume.

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**Name:**   **VEGETABLE OIL**

**Cooking:**

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One tablespoon of soybean oil provides:

Nutrition Facts	
Calories	120
Protein	0 g
Carbohydrate	0 g
Fat	13.6 g
Saturated Fat	1.9 g
Cholesterol	0 mg
Iron	0.0 mg
Calcium	0 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** VEGETABLE SHORTENING

**Category:** Other Foods

**Date:** 09/27/99

**Description:**

Soybean oil shortening. Antioxidants may be added. Liquid vegetable shortening contains antifoaming agents.

**Pack Size:**

12/3-pound cans per case or 50-pound cube.

**Yield:**

One pound of vegetable shortening equals about 2-1/4 cups.

**Uses:**

Use shortening in breads, pie crusts, cakes, cookies and other baked items. Shortening may be used for pan frying meat, poultry and for greasing pans. Liquid vegetable shortening should be used only for frying.

**Storage:**

Store shortening off the floor in a cool, dry place. If held above 90°F it may lose its creaming ability. Store opened shortening by wrapping and covering tightly. Shortening will lose quality when exposed to air.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	48 months	---
70° F	24 months	---
90° F	12 months	---

**Preparation:**

Use in recipes specifying shortening.

**Cooking:**

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**Name:**    **VEGETABLE SHORTENING**

One tablespoon of shortening provides:

Nutrition Facts	
Calories	113
Protein	0 g
Carbohydrate	0 g
Fat	12.8 g
Saturated Fat	3.2 g
Cholesterol	0 mg
Iron	0.0 mg
Calcium	0 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** WALNUTS, SHELLED

**Category:** Meats and meat alternates.

**Date:** 12/15/96

**Description:**

Shelled English or Persian walnuts, in small pieces.

**Pack Size:**

30-pound container.

**Yield:**

One pound of shelled walnuts equals about 3-3/4 cups of walnut pieces.

**Uses:**

Use walnuts in salads, fillings, spreads, quick breads, other baked items, casseroles and desserts. Also use walnuts in recipes calling for peanuts or a bread crumb topping.

**Storage:**

Store walnuts in original carton in a cool, dry place. Refrigeration is recommended. Once opened, walnuts should be tightly resealed and refrigerated or frozen. Walnuts absorb strong odors. Avoid storing near fish, cheese or onions.

**Best if Used By**

Walnuts are best if used within 10 to 20 months when stored at 32°F.

**Preparation:**

Toasting will keep walnuts crisp and crunchy when used in moist mixtures such as sauces, puddings or gelatin salads.

TO TOAST: Spread walnuts evenly in a shallow pan and bake at 350°F, stirring several times, for 12 to 15 minutes or until golden brown. Cool. Mix walnuts with sliced fruits or sprinkle them on cottage cheese. Add chopped walnuts to sandwich fillings such as egg, ham, chicken or tuna salad. Add to cake batter and sprinkle on frosting. Sprinkle on puddings, ice cream or cobblers.

NOTE: Nuts and seeds meet no more than 50% of the meat and meat alternate requirement for lunch/supper meal patterns in USDA's Child Nutrition Programs and must be combined in the meal with at least 50% of other meat or meat alternates. Any meat or meat alternate must be served in the main dish or in the main dish and one other menu item.



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**Name:** WALNUTS, SHELLED

**Cooking:**

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A 1-ounce serving of shelled walnuts provides:

Nutrition Facts	
Calories	182
Protein	4 g
Carbohydrate	5 g
Fat	17.5 g
Saturated Fat	1.6 g
Cholesterol	0 mg
Iron	0.7 mg
Calcium	27 mg
Sodium	3 mg
Dietary Fiber	1 g
Vitamin A	4 RE
Vitamin C	0 mg

## NSLP Fact Sheets

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**Name:** WHEAT, ROLLED, QUICK

**Category:** Bread and bread alternates. (Cereal, Grains, Pasta)

**Date:** 12/15/96

**Description:**

Rolled wheat, quick cooking.

**Pack Size:**

5/10# or 50-pound bag.

**Yield:**

One pound of dry rolled wheat equals about 4-3/4 cups; 1 pound cooked rolled wheat yields 22 1/2-cup portions or 14.7 3/4-cup portions.

**Uses:**

Serve rolled wheat as a hot cereal or use as an extender for meat loaf or meat patties. Use rolled wheat in breads, rolls, muffins, cookies and similar baked items and as a topping for crisps and cakes.

**Storage:**

Store rolled wheat off the floor in a cool, dry, well-ventilated place. High temperatures and humidity contribute to infestation and mold. A relative humidity of 60% or less is recommended.

**Best if Used By**

The following chart shows maximum storage periods at different temperatures:

<i>Temperature:</i>	<i>Best if Used By</i>	<i>Description:</i>
40° F	24 months	---
70° F	12 months	---
90° F	6 months	---

**Preparation:**

Rolled wheat may be substituted for rolled oats in any recipe. Make substitution only on a volume basis since weights of these products vary. Use as directed in recipes for preparing baked items, cereals, etc.

**Cooking:**

TO COOK ROLLED WHEAT (Quick Cooking):

50 Servings:

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**Name:** WHEAT, ROLLED, QUICK

Ingredients:

- (1) Rolled Wheat - (Weight - 2 Lbs. 5 Oz.) - (Measure - 2 Qts. 2-1/2 Cups) - (2)  
Salt(Optional) - (Weight - 1 Oz.) - (Measure - 2 Tbsp.) - (3)Boiling Water -  
(Measure - 1-1/2 Gal.)

Directions:

- (1) Stir rolled wheat into boiling salted water in a kettle, saucepan or stock pot.
- (2) Bring to boil. Reduce heat and simmer for 20 minutes, stirring occasionally.

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**Name: WHEAT, ROLLED, QUICK**

A 1/2 cup-serving of cooked rolled wheat with no added salt provides:

Nutrition Facts	
Calories	76
Protein	2 g
Carbohydrate	16 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	0.8 mg
Calcium	8 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg

A one-ounce serving of uncooked rolled wheat provides:

Nutrition Facts	
Calories	97
Protein	4 g
Carbohydrate	21 g
Fat	0.0 g
Saturated Fat	0.0 g
Cholesterol	0 mg
Iron	1.0 mg
Calcium	11 mg
Sodium	0 mg
Dietary Fiber	0 g
Vitamin A	0 RE
Vitamin C	0 mg